

WORLD CAFÉ QUESTIONS

WHAT DOES HAVING A GOOD DEATH MEAN TO YOU?

- To go quickly
- Peaceful Environment
- Feeling in Control
- People around me not to be in denial; to have conversations with them, them to say what they want to say
- Living Will – I want people to know what it means / is
- Talking about what I want to happen – for Death and my funeral
- To be at home and with people who love / are loved
- The opportunity to say 'Goodbye'
- It is sacred – possibly a Buddhist one
- Having a fulfilled life
- No medication – to be conscious / aware
- Good pain management
- To have choice in Death
- Not committing suicide
- Dealing with fear and anxiety
- To have company and normality around me
- A gentle / noble death rather than a violent one
- Knowing that the time is right, and having people I love around me – preferable at home
- In an orgasm
- Pain free
- To be open / ing to all feelings in the process.

WHAT DOES HAVING A GOOD LIFE MEAN TO YOU?

- BEING ALIVE, PRESENT, HAVING ENOUGH TO EAT
- Connection, Love, Intimacy, Relationships, Deeper purpose – make a difference
- Eating Curry
- Relationship to feeling world; both pain and joy
- Hanging out with finn ☺ (and other loved ones)
- Not making the world more polluted
- Happiness
- Touch
- Belonging
- Living in Community
- Being Fulfilled
- Sharing Time, Food, Love
- Dying without regrets
- Good friends, Community, able to make a contribution
- Being an anarchist

- Having a positive impact on others
- Nature
- Connection – feeling a part of something
- Artistic
- Feeling great – from beginning to end
- Getting your needs met
- Feeling I am contributing
- Not moving from this conversation
- Sacred Spirit
- Good Health – Balance in Life
- Acceptance of Self

WHAT ARE THE WAYS WE (CAN) BEGIN TALKING ABOUT DEATH AND CLIMATE CHANGE WITH OUR FRIENDS

- By asking if they've made a will
- By coming to more talks like this
- Going to a Death Café
- Volunteer at a Hospice together
- Talking about experiences of both
- By being closer to our friends we can ask deeper questions
- Being non judgemental about people's beliefs and what they do about Death and Climate change
- Initiate conversations from your own point of view
- Opening up conversations about our own fears
- Talking about our fear of the unknown
- Talking about care homes

WHAT ARE THE WAYS WE AVOID TALKING ABOUT DEATH AND CLIMATE CHANGE WITH OUR FRIENDS

- Changing the subject
- Making light of it – jokes
- Why are you so morbid!
- We label such subjects 'morbid' and favour moving to the 'positive'
- Euphemisms
- Religion (through Death) - after life
- Keep my mouth shut
- Jokey humour
- Trying to be liked – don't want to rock the boat (by talking about the above)
- Going on holiday
- Consumerism
- ☹️

- The thought that if I talk about death I'll invoke it

WHAT MEMORY DO I WANT TO CREATE? – WHAT DO I WANT MY LEGACY TO BE?

- To have not always been motivated by money
- To have brought out and shared happiness
- To have done my bit in response to Global Warming
- To have done something positive that will possibly benefit future generations
- To bring up children that can cope with the world we have created (as humans)
- Be late for my funeral
- To be known as a nice person
- That I changed my world and the parts I could reach in a happy, kind, sharing, artistic, fun caring way
- To leave behind a story

WHAT DO I DO WHEN SOMEONE CLOSE TO A FRIEND DIES?

- Listen
- Time
- Share silence
- Accept and hold grief allow emotions out
- Phone them more often
- Offer support – practical
- Be
- Possibility of creating sacred / ritual space for grief
- Share their memories
- Not to be afraid
- Ask what they need from me
- Acknowledge my own feelings
- Be yourself
- Courage
- Make myself available
- Resource myself
- Make my friend tea and bring him / her food
- Don't be afraid to talk about the dead person
- Self aware
- Be careful with my words
- Laughter and tears - share