

What Matters Now? – Contemplating Death During a Global Catastrophe

Consider the possibility that you may not live through this situation. Contemplate your death.

1. What did you learn from doing that?
2. Is there anything you can do now to mitigate what you observed or imagined in that hypothetical moment where you are no longer in it?
3. What truly matters? Are you doing your best under these circumstances to live in alignment with what truly matters to you?
4. Are there any “loose ends” of your life now that you can do something about now that will make you feel better knowing you have attended to them?
5. Connect with people you love with whom you may have lost touch. Reach out now.
6. Is there something you would most want the people you may leave behind to know? What did you learn that you would most want to pass on to your loved ones? Can you write down a few sentences that express what you deeply care about.
7. Remind yourself that in all probability you have had a better life than 99.99% of people who have ever lived on the planet. See if you can find a way to experience a moment of gratitude.

Kaethe Weingarten, Ph.D. | *The Witness to Witness Program*

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