



**karuna**  
dedicated holistic support

*the kindest care*

## Care of the mind

# Finding Courage

It takes an immense amount of courage to cope with life-limiting illness and to face your own death or the death of your loved ones. Courage allows you to move towards acceptance of your situation by facing your fears and finding confidence for the journey ahead.

### The courage to accept

While suppressing or denying the reality of your prognosis may provide a level of protection from fear and anxiety, having the courage to acknowledge that you are facing the end of your life is the first step in reaching acceptance.

Acceptance unexpectedly brings a sense of relief and freedom as you stop attempting to protect yourself from feeling fear and anxiety. It also gives you the courage to prepare practically, emotionally and spiritually for the future.

Your acceptance will in turn help reassure those around you, giving them permission to communicate freely with you and to better prepare for what lies ahead for them.

Acceptance gives the space to make the most of every minute of your life, using it wisely to achieve what is most important to you. The sooner you can find acceptance, the more time you will have to enjoy your life and prepare for your future.

### The courage to be confident

Courage is needed to confidently move beyond fear and the doubt and confusion that come with an uncertain future as you leave behind all with which you are familiar. While you may have very little control over the progression of your illness, with courage you can turn your attention to inner experiences and transform the fears that trouble you.

Confidence grows through gaining more knowledge about the expected progression of your illness, exploring and confirming your beliefs about death and dying, and making preparations for death.

Your courage also builds confidence to help others accept and prepare.

### The courage to connect

Isolation can increase feelings of sadness, vulnerability, alienation and depression. Being cut-off from others prevents you finding the practical and emotional support you need.

Instead, supportive relationships communicate love and acceptance, affirming your inherent self-worth. Open and honest

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communication connects you with others and provides opportunities to share and learn.

The courage to connect also brings a sense of belonging to something greater than oneself. Having the courage to focus on others, rather than on yourself, gives an opportunity to live with values of kindness and generosity and to experience greater happiness and wellbeing.

Karuna also has experienced people you can talk with on:  
07 3632 8300 or [karuna@karuna.org.au](mailto:karuna@karuna.org.au)



This is a **Support and Learning** resource. More resources available at [www.karuna.org.au/resources](http://www.karuna.org.au/resources). Karuna is affiliated with [www.fpmt.org](http://www.fpmt.org)