



End in Mind

WDSE Broadcast Discussion Questions

1. How are the people in your community talking about death?
2. What does it mean to you to live a meaningful life?
What does it mean to you to die a meaningful death?
3. Staying present and living in the moment is difficult for all of us. What is one practice that helps you stay present?
What is one practice you would like to try to help you stay present?
4. Music, poetry, and the arts can help us find comfort, peace, and inspiration and can help open the doors to difficult conversations. What role do the arts play in your life?
5. Gaelynn Lea talks about the central role that music has played in her life, and its many benefits. What do you treasure that you want to play a central role both now and through the end of your life?
6. What do you think of when you hear the term "palliative care?"
How do you think palliative care plans/goals differ from patient to patient?
7. Artist Mary Plaster started the Duluth All Souls Night celebration as a way for community members to think about their own cultural traditions surrounding grief and loss. What are some of your cultural or familial death traditions?
8. How would you live your life differently if you lived with the end in mind?