5 Keys to a Peaceful Passing

Adapted from *What Really Matters* by Karen Wyatt, MD

1. **Physical Comfort**
   - Pain management
   - Symptom relief
   - Alternative modalities

2. **Love**
   - Connections with family and friends
   - Compassionate care

3. **Forgiveness**
   - Healing old wounds
   - Letting go of resentment from the past

4. **Enjoyment of Every Moment**
   - Finding the "little gifts" that life offers
   - Expressing gratitude

5. **Meaning**
   - Tying up "loose ends"
   - Seeing the "big picture" of life
   - Finding resolution and completeness