In this era of super-aged with a low birth & high death rate, every person ought to be able to live their lives placidly (peacefully), even with limited social resources.

Create a placid (and resilient) culture while embracing suffering.

As a society, we should be able to face suffering and have increased resilience.

Self-affirmation should increase and self-esteem will increase
Affirm my own positive qualities and know my existence just the way I am.

Help someone
To play a role for someone or something
(High self-worth)

Accept one’s existence by being connected to someone who accepts you
(Sufficient self-worth)

Very Good!

Receive support if I am suffering
Feelings of being connected, future dreams + hopes & freedom of choice

Face suffering that cannot be relieved

Relieve suffering whenever possible

A community where we can support one another

There is someone who understands my suffering

Verbalize Support
Verbalize conditions that help one to be placid and share with those who are suffering & with others

Become confident and engaged
Become confident with those who have suffering that cannot be relieved

Notice & Take Action
Notice those who are suffering, know what to do, and take action

Share
Try to share things learnt proactively

Supporters
(Specialists in fields of medicine & nursing care)

ELC Supporter Training Course

Citizens/Public
(From children to adults)

Workshop For All Ages
Lessons learned about End of Life

Hesitation & Reluctance
Unsure of what to do when facing those with suffering that is difficult to relieve

Experience suffering
(The gap between hope & reality)

Our society is already super-aged with a low birth & high death rate. Yet, people are unable to engage adequately with those face sufferings* at the final stages of their lives.

*including suffering that is difficult to relieve

Resources are not well-placed and are unevenly distributed, so the resilience of society weakens.