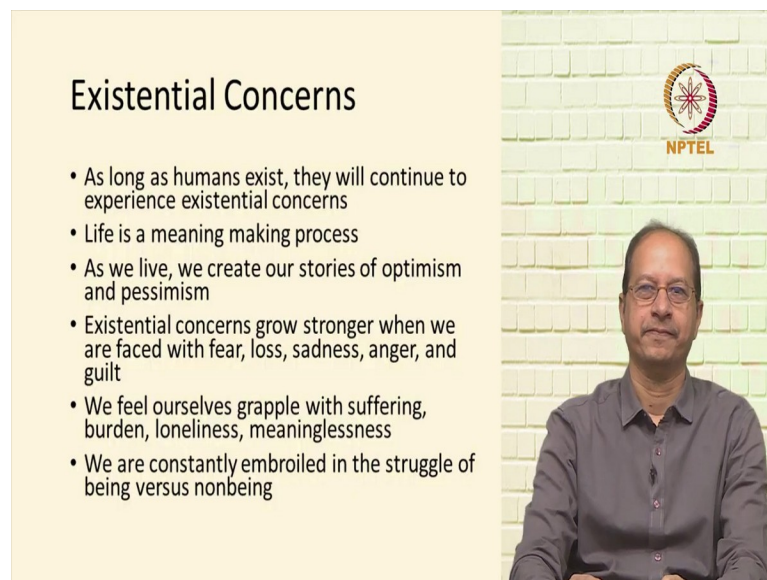


Literature and Coping Skills
Professor Ajit K Mishra
Department of Humanistic Studies
Indian Institute of Technology (BHU) Varanasi
Lecture – 1
Existential Concerns

Hello, everybody, I am Ajit K Mishra, your course instructor for literature and coping skills. We are meeting for the first time. This is lecture number 1 in which I am going to walk you through the idea of existential concerns, their impact on human existence, their causes, and how we can overcome these problems.

So, it is very important for all of us to understand the idea of existential concerns and existential anxieties so that we can begin to take care of those issues. And once we are able to do so we will be in a better place to face the challenges of life. So we are going to focus in existential concern today.

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The slide features a light yellow background. On the left, the title 'Existential Concerns' is written in a bold, black font. Below the title is a bulleted list of six points. On the right side of the slide, there is a video inset showing Professor Ajit K Mishra, a man with glasses wearing a grey shirt, sitting in front of a white brick wall. The NPTEL logo is visible in the top right corner of the video inset.

Existential Concerns

- As long as humans exist, they will continue to experience existential concerns
- Life is a meaning making process
- As we live, we create our stories of optimism and pessimism
- Existential concerns grow stronger when we are faced with fear, loss, sadness, anger, and guilt
- We feel ourselves grapple with suffering, burden, loneliness, meaninglessness
- We are constantly embroiled in the struggle of being versus nonbeing

So, as you all know, when it comes to human existence, it is full of problems. At the same time, we also have a lot of things to bank upon. And when it comes to problems, we tend to lose our patience and become uncertain, and confused. So, we all know that as long as we humans continue to exist, we will continue to experience these existential concerns. So, what are these existential concerns? It is very, very important for us to know them first.

These existential concerns arise, because we treat life as a meaning making process. The moment we are born and begin to grow, we try to ascribe meaning to everything that we do, so that when life becomes meaningful, our existence becomes meaningful. So, as we begin to

live, we create our stories of optimism and pessimism because whenever we find it good, we find it to our liking.

We like that situation, we do not face any problems, we do not face any challenges. But the moment we begin to experience disturbing emotions, challenges, we would become pessimistic. So, all our life, we continue to see the struggle between optimism on one hand and pessimism on the other. So, we become contented, happy and optimistic, hopeful at certain times, and at other times, we also become very, very pessimistic sad and we begin to withdraw from the activities of life.

So, it is a continuous process. As long as we live, we have to pass through these processes. And these are some of those existential concerns. And these existential concerns grow stronger, when we are faced with the emotions that challenge, our contentment, our happy state. And these are the emotions, emotions like fear, loss, sadness, anger, and guilt. So, these are some of the strongest emotions that are very, very disturbing, because they always push us backwards.

So, we do not know what to do. And we suddenly tend to lose our cool lose our patients, we become so uncertain about our lives, our existence, and a variety of other things. So, these are some of the most important existential concerns. And then when we are faced with these existential concerns, we begin to grapple, we begin to struggle with suffering, burden, loneliness and meaninglessness.

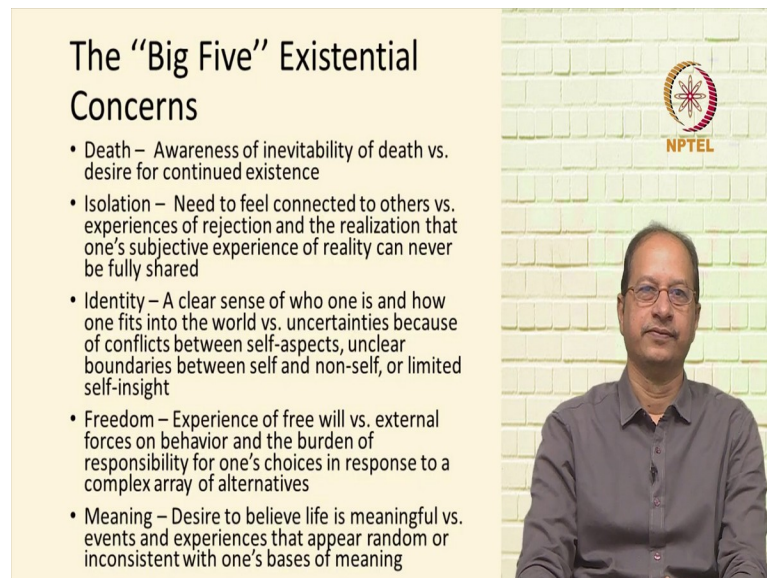
Because we do not know what to do about how to take care of those existential questions and existential concerns. So, we start to suffer, we experience that burden, we are overwhelmed by your sense of loneliness and a sense of meaninglessness. So, we are constantly embroiled in the struggle of being versus non being. As I have already told you, the moment we become happy.

So, we are within our being. And the moment we are not happy, we are challenged by existential issues, existential problems. So, disturbing emotions, we think that we are losing a grip over our lives, and we begin to struggle. So, and we tend to believe that this being is in fact, a non being, it is of no use, it is meaningless, it is absolutely useless. So, when we look at the whole idea of existential concerns, we know that we are going to face them no matter what, because they are so inextricable in our lives, that we cannot separate them from us.

So, it is all about experiencing them, depending on the kind of emotional state that we find ourselves in. Because if we are in a happy state, contented state, then we will not experience those existential concerns. The moment, we are not in those states, we begin to experience fear, loss, sadness, anger and guilt. I must tell you all that existential concerns are very closely associated towards the idea of our existence.

Because those are the concerns that cannot be separated from our existence. So, the moment we understand, we realize that death is the ultimate existential reality that is going to put an end to this life, we begin to experience the related emotions, like fear, loss, sadness, anger, guilt, loneliness, meaninglessness, and we begin to suffer.

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The “Big Five” Existential Concerns

- Death – Awareness of inevitability of death vs. desire for continued existence
- Isolation – Need to feel connected to others vs. experiences of rejection and the realization that one’s subjective experience of reality can never be fully shared
- Identity – A clear sense of who one is and how one fits into the world vs. uncertainties because of conflicts between self-aspects, unclear boundaries between self and non-self, or limited self-insight
- Freedom – Experience of free will vs. external forces on behavior and the burden of responsibility for one’s choices in response to a complex array of alternatives
- Meaning – Desire to believe life is meaningful vs. events and experiences that appear random or inconsistent with one’s bases of meaning

The slide features a video inset of a man with glasses and a grey shirt speaking. The NPTEL logo is visible in the top right corner of the slide.

So, that brings us to the idea of the five existential concerns- the big ones, so therefore, they called the Big Five existential concerns. So, when we look at each of them, we will understand how these existential concerns, in fact, affect our lives a great deal. So, let us take a look at the first existential concern, which is death.

So, death is the ultimate realities of human existence, we all know that the moment we are born, we are moving towards death. Death is the limiter, is the biggest limiter of human existence or human life. So, the moment we become aware of the inevitability of death that creates a whole lot of problems for us. Because we try to understand the idea of death in connection with our desire for continued existence, because we think we are born to exist.

But the moment we become aware that, death is going to put an end to all this and that is going to create a whole lot of problems for us. So, death happens to be one of the biggest

existential concerns, then, an equally important, existential concern is isolation. So, we humans experience and feel the need to remain connected. And that is one big reason why humans are very rightly called social creatures.

Because we live in a society in which we come in contact with each other. And we try to attribute sense to our existence. So, it is very important that we understand that we cannot remain in an isolated state, we cannot live, lonely or alone. So, therefore, we always vie for relationships that will make us feel connected, that will make us feel comfortable. So, that is the reason why we treat isolation as a big existential concern.

Because the moment we believe that we are being rejected, and we are not being able to experience or express our subjective experience of reality accurately with others, that is going to create a whole lot of problems for us. So, this is the second big existential concern. There is a third big existential concern which is equally challenging for each one of us. Because identity formation begins, the moment we are born.

So, we need to have a clearer sense of who we are, and whether we fit into the scheme of things in the world. And the moment we know that there are a lot of uncertainties, because of certain conflicts between the self-aspects, and the unclear boundaries between self and non self, and limited self-insight. Now, all these issues together, pose a great amount of challenge to the process of identity formation that that goes on the process never stops, but it passes through various stages of conflict and struggle.

And that creates a lot of existential concern in us, we can now move on to a fourth existential concern that is freedom. We all know that we enjoy a lot of freedom, I mean, a great amount of freedom. So, we have a free will and we are born free if I have to, quote Rousseau. But he also went on to say that we are tied everywhere, we are bound by chains. So, why do he think so?

Because the moment we are born, we have to enter into a social conflict for which we have to surrender a substantial part of our freedom so that we can become a member of the society that we live in. Apart from that there is something else that also creates a problem for us, when it comes to the question of freedom. Because if we have free will, that means we are free to choose lives, we are free to design our lives, we are free to make our own choices and go for the things that we like.

But that is not an easy process that brings a lot of responsibility on to us. While we know that we are free to choose things on our behalf, it is also important for each one of us to understand that we are also responsible for the choices that we make. So, that makes it a complex array of alternatives. On one hand, we enjoy freewill on the other, we are overwhelmed by the idea of responsibility, we cannot say that I am free to make choices, but I am not ready to go for the responsibilities that cannot be.

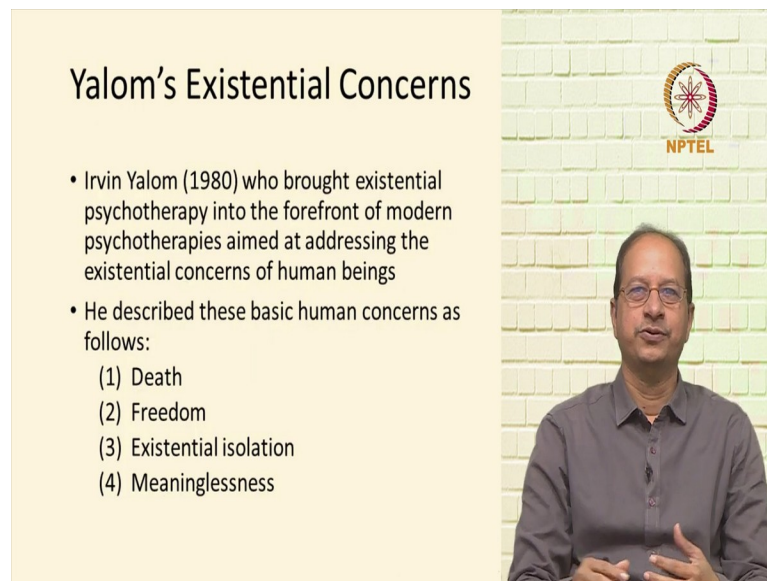
So, freedom comes with the idea of responsibility for the choices that we make. Therefore, it is very, very difficult for us to own our freedom completely, because we know it is not completely freedom. So, therefore, we experience these existential concerns because while we like to make our free choices, we do not like to own those responsibilities for our choices. So, that is how freedom is the fourth big existential concern.

And then we come to the idea of meaning, we begin raise the idea that this life is meaningful. But this life is not meaningful whenever it is faced with challenges. So, therefore, it is embroiled in a struggle, and the struggle is waged between the desire to believe that life is meaningful, on one hand, and on the other, the events and the experiences that unfold as life progresses.

And these events and experiences tend to be inconsistent at times, and that is how they pose a lot of challenges of meaning to our meaning making process. Because it is not easy for us to know and realize that meaning can also become meaningless. So, therefore, we have the desire to believe that this life is meaningful. But then there are several occasions on which we see we experience and we realize that life is rapidly losing its meaning it is suddenly becoming meaningless, and it has lost any meaning.

So, we lose optimism, we lose hope we lose faith, we lose trust in life. And that promptly takes us back to the first big existential concern that is death. So, we think that if life is meaningless, and it is going to be shortened, it is going to be limited by death, and then there is absolutely no need to do anything, to take any initiative or to go for any action. So, all these ideas are, in fact, big existential concerns starting with death, then isolation, identity, freedom and meaning. These are the five biggest existential concerns for humans.

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Yalom's Existential Concerns

- Irvin Yalom (1980) who brought existential psychotherapy into the forefront of modern psychotherapies aimed at addressing the existential concerns of human beings
- He described these basic human concerns as follows:
 - (1) Death
 - (2) Freedom
 - (3) Existential isolation
 - (4) Meaninglessness

So, that brings us to the ideas of a very famous existential psychotherapist Irvin Yalom, who, in fact, brought existential psychotherapy into the forefront of modern psychotherapy, because he wanted to focus on the redressal, of existential concerns of human beings. And that is the reason why he talked about these existential concerns, and how we humans can take care of each of those concerns, so that we emerge triumphant, and we lead a meaningful life.

He was also of the same opinion, that these are the most important and significant existential concerns of humans, starting with death, freedom, existential isolation and meaninglessness, we have already discussed these ideas, just to give you a recap of what Yalom meant by each of these basic existential concerns of humans. So, as I have already told you, death - the very idea of this gives us a kind of a shudder that everything is going to end, death is going to put an end to all our initiatives, all our enterprises and endeavors.

If that is the case, then there is absolutely no need for us to do anything. If we all are going to die, then where is the need to do anything in life? This life becomes absolutely meaningless. The moment we know that death is the ultimate reality, it is going to put an end, and it is going to drop the curtains on our life, everything becomes meaningless, right at that moment. Then, the idea of freedom, we have already talked about the idea of freedom that we all are free, there is no doubt about it.

But everywhere we are in chains, own and those chains bring about a lot of responsibilities for us, we need to take care of those responsibilities. Unless we do so we cannot enjoy freedom, we have to shed this choice. And then existential isolation, as you know, by now,

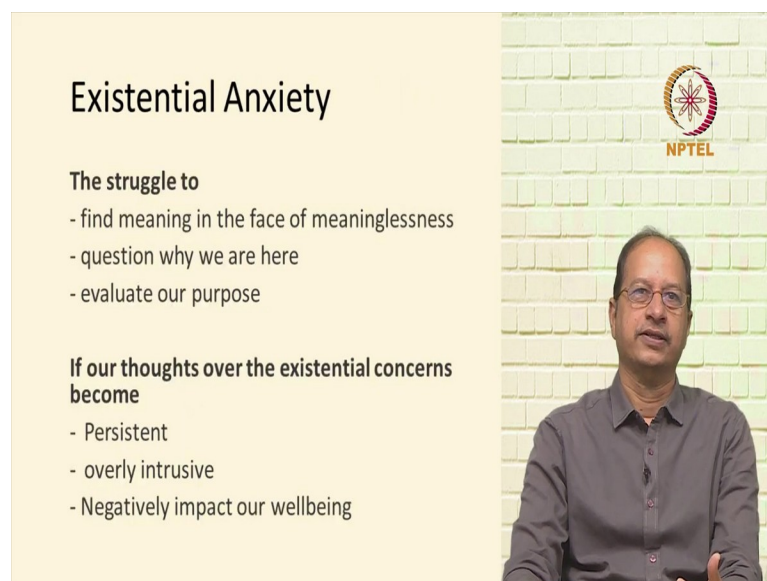
that we all are humans, we want to remain connected all the times. So, unless we remain connected, it will be very, very difficult for each one of us to live.

We cannot live in separation from each other, in isolation from each other. And we cannot live alone. So, therefore, it is important that we understand and we need people around us with some we can connect, we can relate to, and we can attribute some sense to our lives. And then if we can take care of these three important and significant existential concerns, we can overcome the fourth existential concern that is meaninglessness.

Because everything turns out to be meaningless. The moment we think that death is going to end our lives. Freedom is fraught with responsibilities; therefore, we do not enjoy freedom to the fullest. Isolation is something that is inherent that turns out to be natural, because we cannot express all our subjective experiences to everyone around us. Therefore, we will feel isolated. Besides, if we cannot connect with others around us, that will lead to a lot of isolation for us.

So, all the three together, create the idea of meaninglessness. So, if we cannot ascribe meaning to our lives, this life will become unbearable, we cannot live it. So, therefore, it is very, very important that we know how to attribute meaning to our existence. And this can happen only when, we find ourselves in a position to take care of these existential concerns. So, with that in mind, we can now move to the next segment of this lecture.

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Existential Anxiety

The struggle to

- find meaning in the face of meaninglessness
- question why we are here
- evaluate our purpose

If our thoughts over the existential concerns become

- Persistent
- overly intrusive
- Negatively impact our wellbeing

The slide features a video inset of a man with glasses and a dark shirt speaking. In the top right corner of the slide, there is a circular logo with a stylized flower or star pattern and the text 'NPTEL' below it.

There is existential anxiety. So, as you all know existential concerns. The very awareness of this concerns, the very realization of the idea that these are the most significant existential

concerns starting with death, freedom, isolation, meaninglessness in a variety of other things, the moment we become aware of these concerns, that is the beginning of the experience of existential anxiety.

We are bound to experience existential anxiety, unless we free ourselves from the burden of these existential concerns. But I do not mean to say that we can free ourselves completely, there is no way we can free ourselves, we can get rid of these existential concerns, that is an impossibility, these concerns will continue to be with us as long as we exist. So, that is not the idea.

The idea is not to, you know, separate them, or to push them aside so that they never return to our lives to disturb us. That is not the idea, the idea is to become aware of those concerns, and become aware, in a way so that we can overcome the anxiety that is caused by the very awareness of these concerns. So, let us focus on existential anxiety. So, why do we experience existential anxiety? because of the struggle that we wage to find meaning in the face of meaninglessness.

As I have already told you, the moment we become aware of these existential concerns, we develop a sense of meaninglessness surrounding life, our existence, because we begin to think that our life is meaningless, it has no meaning at all, whatever we are doing, will go completely waste, and will not get anything in return. So, this is all meaningless, in the room, so hopeless enterprise.

So, that begins the struggle for meaning in the face of meaninglessness, because we all know that we cannot allow death to put an end to our lives, on timely, because we know we exist, we have a life, which will be curtailed, which will be ended by death. But before that happens, we have a certain span that we can spend, ascribing meaning to our lives. So, therefore, the struggle, we struggle to find meaning in the face of meaninglessness.

And the second is the question that has to do with our identity. Why we are here, our identity and our purpose, why we are here, what am I doing here? What is the meaning of my existence? Who am I? What am I going to do? So, these are some of the questions that we face, so that we can evaluate our purpose, the purpose of our existence on this earth. So, existential anxiety is a result of our struggle to find meaning in the face of meaninglessness.

To find an answer to the question as to why we are here, what we are doing here, who we are, and a variety of other questions. Finally, the whole idea to evaluate our purpose because we


cannot lead a purposeless life that will be even more difficult to live. The moment we allow these existential concerns, lead to our result in some existential anxiety. These questions will arise automatically.

And when these questions arise, we need to find answers to each one of them, so that we can help ourselves overcome existential anxiety. So, if our thoughts over the existential concerns become persistent, that means if we continue to think not about life, but about this, not about meaning, but about meaninglessness, not about freedom, but about the responsibilities that come with freedom then we know that we are experiencing existential concerns.

Because they will become persistent, they will become overly intrusive, they will continue to disturb us, they continue to return to us and haunt us. And that is how they are going to negatively impact our wellbeing. Our functional being, or our wellbeing will begin to withdraw from life is activities, will begin to become pessimistic, will begin to lose hope, will see or drop in our motivational levels and a variety of other things.

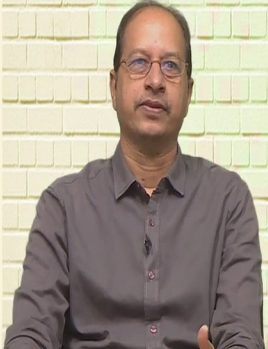
So, it is very, very important for us to understand that existential concerns are resulting in existential anxiety for us, when we realize that they are becoming persistent, overly intrusive, and they begin to negatively impact our wellbeing, we live in a state of distance. So, we must be aware of these challenges. Once we are aware of these challenges, then it will be easy for us to understand that we are experiencing existential anxiety. And we can plan out how to overcome these existential anxieties so that we can begin to live.

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**Existential Anxiety:
The Signs**

- Stress
- Confusion
- Mood drop
- Hopelessness
- Emptiness
- Lack of motivation



So, these are again, some of the most significant signs of existential anxiety. Because, you know, when you experience stress, confusion, mood drop, hopelessness, emptiness, and lack of motivation, you need to be certain that you are being bogged down by existential anxiety. As we all know, stress, I am talking about the negative stress that is going to cause a lot of problems for us.

So, when we know that we are experiencing stress continuously, we find ourselves in stressed conditions all the time then we know that is a sign of existential anxiety. And when we begin to remain in a state of confusion, for example, I do not know what I am supposed to do. I do not understand, I do not comprehend, I do not believe, I do not trust people, but I do not know why it is happening to me.

So, that is the state of confusion in which we find ourselves in then we know that is a sign of existential anxiety. Mood drop, we know now we are elated. We feel like doing things, we are enthusiastic about certain actions, certain projects. But after a while, we experience a certain drop in the mood. Now I am happy after a while I become sad, I become angry, I begin to cry, I become frustrated.

I feel like tearing my hair. So, then you suddenly know there is a mood drop. That is a sign of existential anxiety, and then hopelessness. You feel like doing things but hopelessness does not allow you to do that even attempt that because you know, it will be useless, it will lead to nothing. So, the idea of nothingness will take over your hope, and you will become hopeless.

So, hopelessness, if experienced continuously, then you know, that is existential anxiety, and then emptiness, there is nothingness. There is nothing in my life, my life is an empty vessel, it has no meaning it has no purpose, it has no direction. It has, it has nothing at all. So, my life is absolutely a waste. So, the moment you begin to experience emptiness in your life that is a sign of existential anxiety and then finally, the lack of motivation.

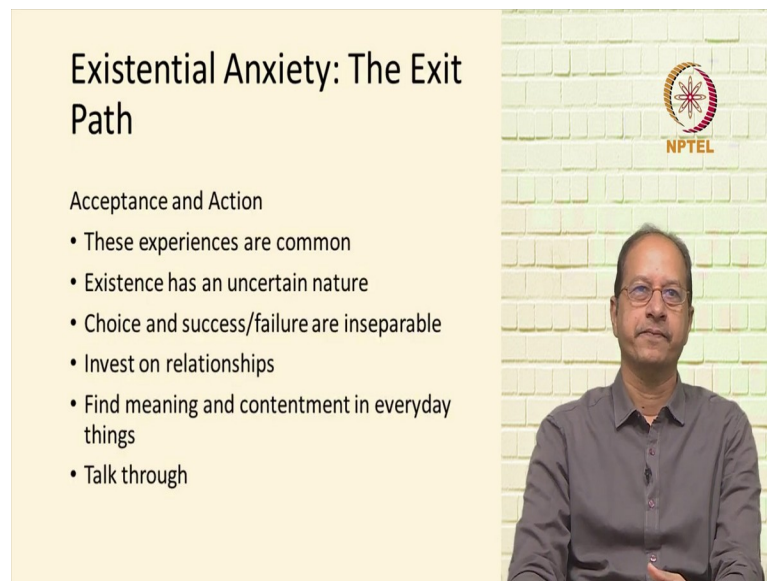
You would like to do things but you will not have the requisite motivation to do so. Because you will not be motivated at all. You will not be motivated to live, you will not be motivated to act, do things when it comes to your studies, your exams, your relationships, everything that you do requires a certain amount of motivation so that you allow yourself to get into the things and to make them happen.

So, you allow yourself to take on the challenges and overcome them successfully. If that does not happen, that means you lack motivation. For even the smallest things in our life, we need

some kind of motivation. Unless there is motivation, we cannot do it. So, lack of motivation will mean that you are experiencing existential anxiety. So, we need to be very, very careful about these signs. These are the most important signs of existential anxiety.

There are other signs as well, but they are not as significant as these signs; they are prominently experienced and noticeable signs. So therefore, it is very important that we wake up to these signs, we take note of these signs, so that we can think of taking care of these conditions.

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The slide features a light yellow background with a white brick wall pattern on the right side. On the left, the title "Existential Anxiety: The Exit Path" is displayed in a bold, black font. Below the title, the text "Acceptance and Action" is followed by a bulleted list of seven points. On the right side of the slide, there is a circular logo with a red and white design, and the text "NPTEL" below it. A man with glasses and a dark shirt is visible in the bottom right corner of the slide, appearing to be speaking.

Existential Anxiety: The Exit Path

Acceptance and Action

- These experiences are common
- Existence has an uncertain nature
- Choice and success/failure are inseparable
- Invest on relationships
- Find meaning and contentment in everyday things
- Talk through

We know that we all will experience existential concerns. I have already told you all that there is no escape from that, as long as we live, as long as we exist- we are bound to experience existential concerns. That is not a problem that is very common. Everyone who exists is bound to experience existential concerns. Everyone who experiences existential concerns will also pass through stages of existential anxiety.

That is also a reality. We are bound to experience existential anxiety; there is no escape from it. But that is not the question. The question is, is there a way to overcome these issues these problems, if we cannot overcome these problems that will lead to permanent hopelessness, which is not a reality. In fact, we can overcome these concerns and existential anxiety; therefore I call this the exit path.

We can always exit existential anxiety. If we cannot stop it from happening to us, we can exit through a certain dedicated a well-designed path, which will allow us to, promptly and smoothly exit out existential anxiety and begin to live life. So, let us take a look at what are

those exit pathways. So, it is all about acceptance and action. Because until and unless, I accept the realities of my life, it will be very difficult for me to live the realities of my existence must be accepted before I can go for an authentic and fully loaded existence, unless I accept it.

So, acceptance is a very, very important thing. So, when it comes to negative emotions, challenges, uncertainties, confusions, meaninglessness, hopelessness, mood drops, the idea of death or the fear of death, I must accept that these are the realities of my life, my existence. So, my exit mode begins with my acceptance. If I continue to run away, escape, that will not ensure that these realities will disappear, they will never disappear.

So, it is always a good idea to accept that these realities are here to exist; they are a vital aspect of my existence. So, it is better idea for me to accept it. In the same way as we accept a lot of things about ourselves and you all know the moment we accept it, then things become easier for us to manage. So, that is the idea. So, acceptance, once I accept, then I can think of some action through which I can overcome those issues those problems.

So, therefore, these two are the most important skills. I must call them coping skills that we need to cultivate in ourselves. Since this course is about coping skills. I must start with these two important coping skills acceptance and action. Because if I cannot accept, I will fail. If I cannot act, I will also fail. So, it is a choice between success and failure. So, I think we must all go for success not failing, we all want that.

Therefore, we must begin with acceptance, which will lead us to action. So, let us take a look at those issues, we must first begin by telling ourselves that these experiences are common, which experiences these existential concerns, existential anxiety are common. Although we all are unique individuals, we are different from each other in a variety of ways. Still, there are certain experiences that are very, very common to each one of us.

So, we must begin by accepting the fact that there is no individual who is free from these concerns and the anxiety. The moment we accept that, it will be easier for us to understand. That is the first step we need to take. And the second is, we must also understand that our existence has an uncertain feature, it is very, very uncertain in nature. So, we cannot ensure certainty, it cannot be a constant thing, I cannot ensure that I will continue to be happy over a certain period of time, or until the end of my life, nobody can assure that or even ensure that it is very, very difficult.

It is so uncertain; I do not exactly know what will happen tomorrow. That is not the question. The question is, if something happens tomorrow, which I do not find, to my liking, which I am not comfortable with, am I prepared enough to face. If something good happens to me, it will be easy for me to accept it. If that does not happen, it becomes very, very difficult for me to accept it.

So, therefore, it is very important that I take care of the things that happened to me. So, I must also accept the fact that my choices can lead to either success or failure. My choices will lead to something which is inseparable from my choice. Because once I make a choice, it will either lead me to success or failure, if it leads me to success, fine, it is acceptable to me, it is acceptable to everybody. If it leads to failure, that becomes unacceptable.

Most people I mean, everyone finds it very, very difficult to accept it. Why should it lead to failure? We are not ready to accept failure. We all are ready to embrace success, but not accept failure. But that is not the thing we must accept that our choices will lead us either to success or failure, we cannot help it. Therefore, it is important that we accept the results of our success irrespective of whether they end in you know, failure, or success.

So, the results of our choice need to be accepted. Then we come to the actions that we need to go for, need to perform. In order to overcome existential anxiety. The first thing that we need to do is to invest on relationships. Because we must also realize that loneliness, existential isolation is one of the biggest challenges for human existence. So, therefore, it is very important that we begin to invest on relationships so that we are not left lonely at any point of time in our lives.

So, therefore, it is always a good idea to invest on relationships, including your family members, your friends, and your mentors, your well-wishers, so that this relationship continues throughout our lives. And this is definitely going to make our life livable, bearable, and it will give hope, to our existence. So, that is a very important thing to do. And then we need to find meaning and contentment.

In everyday things, most often, for the sake of the bigger goals, we separate ourselves from the everyday things that have a lot of meaning for us. So, you begin to ignore them because we are focused on those bigger goals. And we all know that the those bigger goals as they are bigger they are going to exercise tremendous amount of pressure on us and that will lead to existential anxiety as well.

So, bigger goals definitely lead us to existential anxiety. So, if we begin to take note of everyday things their relevance for our lives their importance for our lives then we will begin to find contentment in those everyday things that will definitely take away a lot of pressure from us. And then this is the most important things to do. We need to talk through most often whenever we are faced with challenges, we decide to withdraw we decide to recoil we decide to gradually recede into loneliness that is not going to help.

So, if I can talk through if I can find people who I trust and if I can express my feelings, if I can share my experiences with them that is definitely going to help me a lot. And this is the one of the biggest problems because most people do not know what to do when they are faced with challenges. When they begin to experience existential anxiety when they begin to experience emptiness meaninglessness in their lives, they do not know what to do about it.

Because they think it will be very humiliating and embarrassing for them to find people and discuss their problems with them. Because of the fear being tagged negatively and that is one big reason why most people stay away from talking. So, talking is a therapy. So, therefore, if they can talk through that is definitely going to help us overcome our existential anxiety.

So, that is how we come to the end of this lecture there is another part of it in a second lecture we are going to talk about existential concerns but through a very different perspective I am going to focus in a variety of things starting with different types of existential modes. And the different types of instincts that we have all are moved by or driven by, at the same time I am also going to talk about to great poems one by Bhartrihari and the other by Rabindranath Tagore. And with the help of those two poems, I am going to show you how we can overcome our existential anxiety.

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The slide features a light yellow background. On the left, the word "References" is written in a dark font. Below it, there is a numbered list of three references. On the right side of the slide, there is a video inset showing a man with glasses and a dark shirt speaking. Above the man, the NPTEL logo is visible, which consists of a circular emblem with a star-like pattern and the text "NPTEL" below it.

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1. Koole, Sander L. et. al. (2006). Introducing Science to the Psychology of the Soul: Experimental Existential Psychology. *Current Directions in Psychological Science*, 15: 212.
2. Breitbart, William (2017). Existential isolation. *Palliat Support Care*. 15: 4.
3. https://warwick.ac.uk/services/wss/topics/existential_anxiety

So, you can take a look at these references from which these ideas in today's lecture have been derived. So, thank you for being with me. So, I hope now you have enjoyed, you have understood the ideas better. So, when we meet next we are going to take our ideas of existential concerns yet further. So, thank you again for joining me.