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## Context to the nugget

Meher talks about how she and her mother (Anu Aga) dealt with the sudden loss of her father and her brother within a span of a few months. She talks about how they got the strength to deal with the loss and the soul-searching she went through to come to terms with it. She talks about the criticality of gratitude and cherishing the relationships that matter when people are still alive and the importance of not having the guilt that you didn't give it what you could.

## Transcription

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Deepak Jayaraman (DJ): What's been your approach to dealing with shocks, how do you stay centered, how do you stay in control and what have been the lessons from let's say those two events which I am sure changed a lot of things for you and your mom?

Meher Pudumjee (MP): With my father, of course it was a shock but in a way, it was sword hanging over his head because he smoked and he had a bypass surgery he had a stint and so it was like anytime, with my brother, why god why have you chosen my brother? He is all of 25 and I was very angry with god, with the world and I have to say, I don't know how my mother is such a huge pillar of strength but she did a lot of reading on death and she went to Vipassana after Dad died, after Kurush died and she was really there in terms of saying you can't ever say why me just look around you and truly if we looked around us, you have to say thank you god, the gratitude is far more than, why did you pick me? Or why did you pick our family for this so called disaster and she always says that life and death are two sets of same coin it took me a while and I can't say that, I am still afraid of death I say more for my loved ones than for myself but I have really learnt a lot in that, I feel that the gratitude that and the privileges and whatever that I have are far more and another big thing that I have learnt from death with both my brother and my father if you had to rewind the clock and say would you have lived your life differently without knowing that your dad will die at 60 and your brother and your brother at 25 would you do anything different and I would say predominantly so, not a lot, so the relationship that I had with both was so strong that I don't think I would have changed very much and therefore there was no guilt after death and I find that, that really helped in my healing process and I think the same for Anu. So, the biggest learning that I would say or the biggest take away that I would say is trying and really cherish the relationships that really matter to you, while people are alive so you really don't have that guilt once they are no longer there.

## Reflections from Deepak Jayaraman

DJ: But of the various things I have read on this topic, I find the perspectives from Sheryl Sandberg quite helpful and practical in terms of dealing with shocks. She talks about watching out for 3 kinds

of traps – She calls them the 3 Ps – Personalization, Permanence & Pervasiveness. Personalization is about saying “Why me”, Permanence is about saying “I am doomed forever”; Pervasiveness is about saying “everything is gone or lost”. Thank you for listening. For more please visit [Playtopotential.com](http://Playtopotential.com)

## End of nugget transcription

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### Meher Pudumjee - Nuggets

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### About Deepak Jayaraman

Deepak seeks to unlock human potential of senior executive's / leadership teams by working with them as an Executive Coach / Sounding Board / Transition Advisor. You can know more about his work [here](#).

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