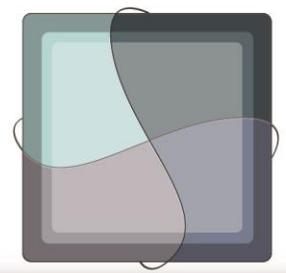


# NOVEMBER



## Take Care of Your Emotional Health *What is on your mind?*

**WHY should I increase my engagement by improving my emotional health?** As a dialysis patient...

- You are not alone! It is normal to feel helpless, hopeless, or afraid when you are worried about your health!
- Feeling anxious or depressed can make it hard to enjoy life the way you did before you had kidney disease.
- Everyone deserves to feel good and enjoy life! Taking action can help you feel your best.
- Keep a positive frame of mind.

**HOW can I increase my engagement this month?**

- **As a dialysis patient, learn what it means to be “emotionally healthy.”**
  - You are emotionally healthy when you can cope with the normal stresses of life. Remember, the “normal stresses of life” are different for people on dialysis!
  - **Anxiety** can make you feel uneasy and overwhelmed.
  - **Depression** can make you feel sad and discouraged for a long time.
- **Learn why good emotional health is important for people with kidney disease.**
  - Many people start feeling anxious and depressed when they are first diagnosed with kidney disease. It is a normal reaction to a very stressful situation.
  - Your emotional health is just as important as your physical health. Anxiety and depression can make you get sick more often.
  - It is hard to have good relationships with your family and friends when you don’t feel well.
- **Your Care Team enjoys helping you stay healthy. You can ask them to help you feel better.**
  - Your doctor can tell you about medicine that might help you feel better.
  - If you are feeling stressed your dialysis social worker can assist with finding a professional counselor. Talking to your nurse will help explain why you feel better after full treatments and working with your dietitian can help you make a kidney-friendly diet.
  - Talk to experienced dialysis patients that know what you are going through or someone at your church or religious institution that understands the things that are important to you.

Activity – Fill in the blank;

Your \_\_\_\_\_ can tell you about medicine that might help you feel better.

\_\_\_\_\_ can make you feel uneasy and overwhelmed.

Talking to your \_\_\_\_\_ will help explain why you feel better after full treatments.

\_\_\_\_\_ can make you feel sad and discouraged for a long time.

Your emotional health is just as important as your \_\_\_\_\_ health.



**This information was created BY ESRD patients FOR ESRD patients!**

To file a grievance or for questions, contact Network #14 at 1-877-886-4435 (phone), 972-503-3219 (fax), info@nw14.esrd.net, 4099 McEwen Rd, Suite 820, Dallas, TX 75244, or www.esrdnetwork.org.