

# 4 Ways to Empower Yourself to Cope with COVID-19



## 1. Connect



- Connect with people at your clinic, via phone, or via support groups (your clinic social worker can direct you to group resources).
- Right now, things are scary. Connecting with people can help things feel better. It's important to share what's on your mind.
- If you have concerns about your dialysis care or COVID-19, remember your clinic staff is there to listen.
- Sometimes it's hard to admit that we are upset, it helps just to share with another person.

## 2. Acknowledge emotion



- It is okay to feel all kinds of emotions during times of stress. It's your body's way of telling you something important is happening. It's normal to feel sad, anxious, irritated, restless, and forgetful. Many people also have trouble concentrating and sleeping.
- Talk to people you trust, either at the clinic or at home, about what you're feeling. Your clinic is a great resource! Clinic staff can be a great source of comfort and support.
- If you are feeling good, try to be there for others.

## 3. Remember: You are resilient!



- You are strong! You've made it over many hurdles in life before!
- Remember how you pushed on in the past: one day at a time, one step at a time.
- Ask yourself: "What has helped me get through difficult times before?"

## 4. Create a new routine where possible



- If things are hectic, try creating a new routine. Create a list of how you'll get ready for the day and try to stick to it. Be flexible and be prepared for your plan to change. Knowing you have a plan can help.
- Do something every day you enjoy. Make sure you plan for time for yourself! Schedule time to watch your favorite show or listen to your favorite music.
- Remember to breathe. Schedule some time to slow down. A few deep breaths can help you relax and feel better.



**While there is a lot of change going on, one thing that doesn't change is our ability to help each other in ways large and small.**

**If you need additional support, ask your clinic staff for information on contacting your area's ESRD Network.**