

ESRD PATIENT NEWS

The Carlisle-Williams Foundation, Inc.

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Helpful Items for the Dialysis Patient

Celebrate milestones in the dialysis patient’s life with these great gift ideas.

- ⇒ Spice rack filled with spices – Lowering sodium in the kidney diet is important, so give a spice rack loaded with spices like cinnamon, cumin, curry powder, dried oregano, garlic powder, ground ginger, lemon pepper, Mrs. Dash®, paprika, tarragon or thyme.
- ⇒ Hot air popcorn popper – Popcorn is a healthy snack for a person on dialysis making this a great gift.
- ⇒ Herb growing kit – Fresh herbs are a delicious addition to many dishes. Basil, chilies, mint, parsley, rosemary and sage are just a few.
- ⇒ Ice pop molds – To help curb thirst and regulate fluid intake, a person on dialysis can make ice pops. Look for ice tray molds in different

shapes.

- ⇒ Insulated lunch bag – There is an array of websites that sell colorful and uniquely-designed lunch totes.
- ⇒ Measuring cups or food scale – A kidney diet needs to be monitored closely, so measuring food and beverages is important. Purchase a set of measuring cups and spoons or a food scale.
- ⇒ Slow cooker – For a cold winter’s day, a meal made in a slow cooker can be comforting and easy. DaVita.com features numerous slow cooker recipes.
- ⇒ ESRD Dialysis Support Bag is a perfect gift for the patient - www.esrd-patient-support.org.

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ESRD Patient News, a publication of The Carlisle-Williams Foundation, Inc., informs our readers of issues important to management and understanding of their disease and furthers the Foundation’s mission of providing hope and support to ESRD patients. We welcome and encourage feedback. Email JanieC@esrd-patient-support.org or “Contact Us” on the website. Thank you!

ESRD Patient News

ESRD and dialysis are manageable with the right tools and the right support. You can take control of your emotional and physical health to live a full rewarding life.

Living Well on Dialysis-Take Charge of Your Emotions

Successful dialysis treatments mean focusing on your physical, mental and emotional health. By taking charge of your emotional health, and accepting help when you need it you can live a rewarding life on dialysis.

Rollercoaster Emotions

Dialysis requires significant time traveling to and from appointments and receiving treatment, time and work to carefully monitor diet and fluid intake.

It is not unusual to experience a flurry of emotions. These can range from shock or denial to numbness, anger, sadness, worry, and guilt.

For those who knew dialysis was likely in their future, there could be a feeling of relief now that they have started or feel hopeful, anxiety and fear.

As you adjust to the dialysis routine, you should start to feel more like yourself again. And as you continue on with your life, there are steps you can take to manage sadness, worry and stress.

Managing Stress and Negative Feelings

Maintain the activities that bring positivity. As much as possible, keep up the hobbies and interests you had before dialysis, even if you have to adapt them to your dialysis schedule or health condition. If possible, continue working—the ADA provides workplace accommodations that can help with this. Socialize with friends. All of these activities tend to create a happier and healthier life on dialysis.

Educate yourself— a major focus of The Carlisle

Living Well on Dialysis-Take Charge of Your Emotions

-Williams Foundation. Gather information and ask questions to help you understand the dialysis treatment and the lifestyle changes that go along with it. Keep a list of questions and bring them to your doctor appointments. Keep a notebook of important information with all your medical information in one place—also add this info to your smartphone.

Stay connected to other people. Reach out for support from family and friends. Be open with them about what you're experiencing and how you're feeling—there's a link on our website that provides words for expressing emotions. Don't be afraid to ask for help and explain to others what you need.

Seek additional support by joining a support group for people on dialysis. There is comfort when you connect with others who are going through the same things you are.

Take a deep breath. Relaxation exercises such as meditation and gentle forms of yoga, as well as prayer can help lower stress levels. (We are looking for patients who are interested in participating in a pilot wellness program. Contact us if you would like to participate). Consult with your physician about what exercise is safe and appropriate for you.

Give back. Be helpful to those you love, volunteer your time or do charitable work. It helps remind you that you have valuable skills to offer, even if you can no longer work.

Seek professional help. When dealing with a chronic illness, it's easy to get stuck in negative thought patterns. Psychologists, social workers and other mental health professionals can help you take control of those negative thoughts and adjust to the unique challenges of dialysis.

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Your Wellbeing Journey

With the right attitude, the road to achieving your goals, managing your disease and enjoying a better quality of life gets easier.

Here are some ideas to help you live a better quality of life and perhaps enjoy the journey a little more.

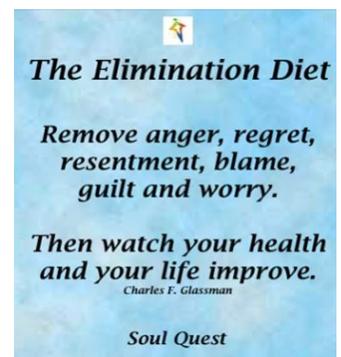
- ◆ Seeing the positive aspects of your life is an essential component of happiness.
- ◆ Focus on positive self-talk. When something goes well, take time to appreciate it and be excited about more good things to come in the future. Look for positive ways to cope with negative situations.
- ◆ Be thankful each day and look forward to what lies ahead.
- ◆ Make goals. Map out the steps to achieve them.
- ◆ Pump up your heart. Aim for at least 30 minutes of moderate physical activity five days a week or more. Breaking activity sessions into 10-minute intervals can quickly add up to 30 minutes for the day.
- ◆ Finding your balance: Only eat as many calories as you burn.

Reducing stress matters for your overall health—both physical and mental. Here are a few tips for relaxing and letting stress melt away.

- ◆ Take a walk and **breathe** in some fresh air
- ◆ **Listen** to soothing music and allow your body to move with the sound.
- ◆ Practice recharging and **savoring** the moment through meditation, deep-breathing exercises, or whatever else brings you to a place of calm.

Your Wellbeing Journey

- ♦ **Laugh.** You can chase away stress with a good laugh. Even a simple, genuine smile has been shown to help offset tension and negative thoughts. Watch a funny movie or show, read humorous comics, or a funny book. Call or visit a friend who is always good for a laugh. Be willing to laugh at yourself.
- ♦ **Spend time with your friends**—especially the ones who are spontaneous, funny, and positive.
- ♦ **Cook** up your favorite meal in the kitchen. Try a new renal-friendly version of your favorite meal.
- ♦ **Get out and about**—see a movie, sporting event, show, or go to dance club or a museum.
- ♦ **Be generous**—good deeds help you feel good about yourself while lightening your spirit.
- ♦ **Practice mindfulness**—listen actively, let go of judgment, live in the moment.
- ♦ Reach out— **enjoy** the good company of your social support network.
- ♦ **Take care of yourself**—eat and sleep well, exercise regularly, go out with friends, and make room in your life for things you enjoy.



All the best for a great 2020,

Take Charge of Your Emotions

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It's normal to feel sad while adjusting to the changes that dialysis brings. For some people, the sadness lingers and can lead to depression and anxiety. This is common in people with chronic illness.

You might need extra help managing your emotions if you notice you are:

- Feeling hopeless; Often very stressed or worried; Sleeping more or less than you used to; Frequently irritable with family and friends; Withdrawing from people or activities you used to enjoy.

If you're concerned about your emotional state or your stress levels, there are people who can help. The doctors and health professionals at your dialysis clinic are trained to discuss these concerns with you and help you manage them. They can also provide you with resources and referrals to local mental health providers in your community that can help.

People undergoing dialysis often find that non-drug options may be effective, either alone or in combination with medications. Exercise and cognitive behavioral therapy (CBT) can successfully help identify ways that you are stuck and help you gain control over negative thoughts, unhelpful behaviors, and begin to feel like yourself again.

This information was compiled from a resource developed jointly by the American Psychological Association (APA) and Dialysis Patient Citizens Education Center. It has been edited for readability.