

# Caring for Your Mind and Body



Did you know, our mental health is always changing. We can feel strong one day and stressed the next. It's normal to have ups and down, especially when you have kidney failure. But self-care and social support can help us get through the rough patches. Complete the questions below to consider if you need mental health support.

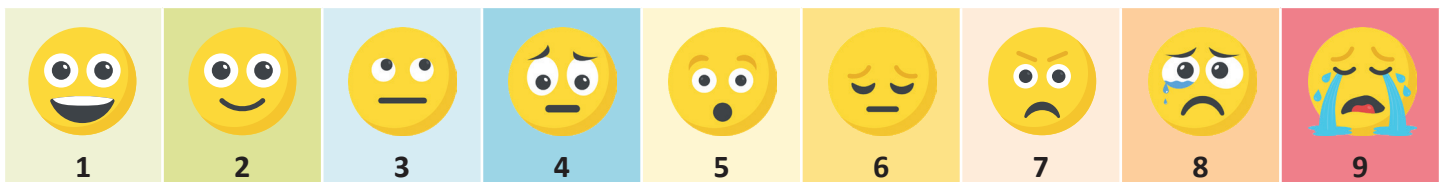
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What are some words to describe how you feel?

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Circle the number that corresponds to the picture that best describes how you are feeling.



What are some things that cause stress in your life? How often are you stressed?

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When was the last time you were angry? What made you angry?

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Do your feelings make it hard for you to eat, concentrate, or sleep?

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What was the last thing you did that you enjoyed? When did you last do it?

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***Once you complete your answers to the questions above,  
share the responses with a healthcare provider you trust.***

# Doing small things every day can have a positive impact on your mental well-being. Here are some easy ways to put self-care into each day.

## Have you bathed today?

If it's been over 24 hours, take a quick shower or bath.

## Have you gone outside in the past 24 hours?

Try getting some fresh air in a way that works for you.

## Is it daytime? If so, are you dressed?

Choose a favorite shirt, special accessory, or a cozy outfit.

## Do you feel unproductive?

- Think of a small task (making the bed, brushing your teeth, etc.)
- Set a timer for 5 or 10 minutes to do the task.
- Give yourself permission to stop after the timer goes off.

## Have you connected with others today? Do they know how you're feeling?

- Give a praise, call or text a loved one, ask for a hug.
- If you have a counselor, reach out to him or her for support.
- It's important that you let other people know how you're feeling.
- If you can't share with others right now, try writing as an outlet.

## If you are in crisis, seek help from a professional or someone you trust.



The Substance Abuse and Mental Health Services Administration's (SAMHSA) National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders.	<b>1.800.662.HELP (4357)</b>
If you feel alone and have thoughts of suicide, whether or not you are in crisis, or know someone who is, call or text 988.	<b>Call or Text 988</b>
The National Alliance of Mental Illness (NAMI) HelpLine can be reached Monday through Friday, 10 a.m.–10 p.m., ET.	<b>1.800.950.NAMI (6264) or <a href="mailto:helpline@nami.org">helpline@nami.org</a></b>



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