

Tips to Help You Boost Your Physical and Mental Health During COVID-19

If you feel overwhelmed by the impact of Coronavirus 2019 (COVID-19), it is important to know you are not alone. Here are tips from kidney patients, like you. These tips may help you better deal with stress, reduce anxiety, and face the unknown confidently!



Find support, if needed:

- Talk to your social worker.
- Find an online support group.



Develop a routine and stick to it:

- Start your day with something that makes you feel good.
- Add exercise to your daily activity.



Connect with your faith:

- Attend services online.
- Participate in online faith-based classes.



Fine tune your cooking skills:

- Research kidney-friendly recipes.
- Try to copy recipes from your favorite cooking shows.



Bond with your family:

- Find recipes to cook together.
- Plan activities together. Host a movie night or create a photo album.



Spend time outdoors:

- Spend time hiking, gardening, or fishing.
- Have a picnic at the park or just eat dinner outside.



Limit the type of information you bring into the house:

- Reduce how much media you consume.
- Instead of watching the news, try watching a comedy, sitcom, nature program, or sports.



Use technology to stay in contact with friends and family:

- Schedule a weekly video call with your family.
- Share a joke or inspirational message to lift each other's spirits.



Step outside of your box and do something different:

- Read a children's book to escape reality.
- Listen to a podcast.



Take this time to learn about new opportunities:

- Check out vocational rehabilitation.
- On your mobile device, visit TheKidneyHub.org to view new resources.

For more ideas on how to cope during the COVID-19 pandemic, visit www.kidneycovidinfocenter.com. To get instant access to COVID-19 information, point your mobile phone camera at the QR code. Tap the banner that appears on your phone and follow the instructions on the screen.



This material was prepared the End Stage Renal Disease National Coordinating Center (ESRD NCC) contractor, under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services. The contents presented do not necessarily reflect CMS policy nor imply endorsement by the U.S. Government. Publication Number FL-ESRD NCC-7N5TA1-09182020-01.