



Feelings



Words used to describe how I feel:

Actions to take to improve your well-being:



Isolated

Connect in real life. Engaging with other people face-to-face tends to improve our mood and reduce depression. Did you know attending a religious service or sporting event can have a positive effect on our mental health? So finds ways to be around people.



Listless

Feeling listless can be a sign of depression and be mistaken for other things. Regular exercise will make you feel less tired in the long run, so you'll have more energy.



Worried

Stop what you're doing. Take a deep breath and focus on the present. It may be helpful to focus on an activity like cleaning your home, drawing, listening to music, or watching a funny movie.



Lonely

Why do you feel lonely? Is it because you don't have anyone around you? Do you purposely stay away from others? Do you feel lonely even when you're with others? Understanding why you feel lonely can help you take the correct action.



Mental Health Resources

ESRD NCC: Thriving with Kidney Disease

Visit the ESRD NCC on YouTube.com and search ESRD NCC Thriving to watch patient stories about thriving with kidney disease.

American Association of Retired Persons (AARP)

Provides helplines and tools to help you connect with others on mental health.

The National Forum of ESRD Networks Kidney Patient Advisory Committee (KPAC) Dialysis Patient Depression Toolkit

Created by patients for patients. It offers dialysis facility staff guidance in providing hope and assistance to patients with mental health concerns.

Substance Abuse and Mental Health Services Administration (SAMHSA)

Search for treatment facilities across the United States or U.S. territories for mental health and/or substance use and addiction support.

American Psychological Association (APA) Psychologist Locator

Browse an online directory of mental health professionals in your area.



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