



Self-Help



Activity:

Benefits:



Exercise*

- Reduces the risk of health issues like high blood pressure and diabetes.
- Helps you lose weight even if you're not trying to.
- Boosts endorphins, so it helps you feel better even when you're feeling okay.

**Please speak to your doctor before beginning any exercise.*



Kidney-Friendly Diet

- Helps increase energy level.
- Helps keep the heartbeat regular and muscles working correctly.
- Prevents fluid overload, which can lead to pressure on the heart and lungs.



Clean Body/ Environment

- Gives you control of your surroundings.
- Helps you find calm.
- Puts you in a good mood because you have a "new" space.
- Clears the mind and allows you to focus.



Volunteer

- Increases feelings of self-worth.
- Provides a sense of purpose.
- Teaches valuable skills such as empathy and knowledge of a community service.
- Helps you stay physically and mentally active.



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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