



Topic of the Month

My Life: Coping and Depression

Step 1: Plan

Review the following Network and community resources to plan an activity to help patients learn more about the importance of taking care of the mind, body and spirit to help them cope with living with kidney disease and reduce depression.

Network Resources

- [My Kidney Kit](#) - All pages are available in English and Spanish. Highlighted MKK pages include:

[My Life: Being Active](#)

[My Life: Traveling with Dialysis](#)

[My Life: Coping with Dialysis](#)

[My Treatment: What is Depression?](#)

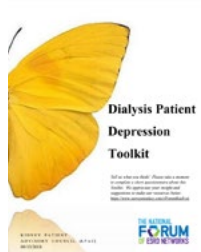
[My Life: Healthy Lifestyle Choices](#)



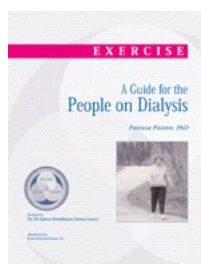
- [Exercise to Feel Better crossword puzzle](#) (patient handout)
- [Heartland Headlines](#) (patient newsletter) shares patient stories and information to help patients live well with kidney disease. Current and prior editions are available on the Network website.
- [Kidney Mandala coloring sheet](#) (patient handout)
- [My Journey with Kidney Disease](#) video shares patient stories addressing questions they wish they would have had answers to when they started dialysis. It is available by contacting the Network for the DVD and online in English and Spanish.
- [Myths and Facts about Depression](#) (patient handout)
- [Patient Engagement Showcase](#) includes images and information on patient engagement activities promoting infection prevention from clinics throughout our Network.
- [Chair Yoga](#) (patient handout) - Movement can help with stress and anxiety. Some dialysis patients may have limited ability to exercise. This handout shares some simple movements that can be done in a chair so even those with physical limitations can get the benefits of yoga.
- [Self-Reflection Journal](#) (patient handout)
- [Stress Awareness: Learning to Relax](#) (patient handout)
- [Train Your Brain to Relax](#) (patient handout)
- [Volunteering](#) (patient handout)
- [What You Can Do For Depression](#) (patient handout)

National Resources on Coping and Depression

- [American Heart Association website](http://www.heart.org) (www.heart.org) has tips for healthy living including mental health and stress management.
- [Connecting with Laughter, Humor and Good Health](#). This article from the [University of Kentucky](#) shares facts about the health benefits of laughter with ideas and resources to expand your sense of humor.
- [Coping with Kidney Disease- Module 5](#). Kidney School is an online program offering a course with information on emotions, asking for help and recognizing and dealing with depression. Kidney School is a program of the Medical Education Institute, Inc. ([Printed version](#))



- [Dialysis Patient Depression Toolkit](#). This toolkit was designed by patients for patients, in collaboration with healthcare experts, to help individuals who feel they may be experiencing depression, by the National Forum of ESRD Networks. ([English/Spanish](#))



- [Exercise: A Guide for People on Dialysis](#). This Life Options booklet and companion DVD: Feeling Better with Exercise for people on dialysis are available at www.lifeoptions.org.



- [Living Well on Dialysis - Take Charge of your Emotions](#) is a patient handout available in [English](#) and [Spanish](#) created by from the American Psychological Association and Dialysis Patient Citizen.

- [Just the Facts: Dealing with Depression](#). This Life Options handout provides information and guidance on dealing with depression and managing one's mental health.
- [Sound Health: Music Gets You Moving and More](#). This National Institutes of Health newsletter shares the health benefits of music. ([English/Spanish](#))
- [Understanding Depression in Kidney Disease](#). This American Association of Kidney Patients booklet gives readers an understanding of what depression is, what may cause it and how it is treated.

Volunteering

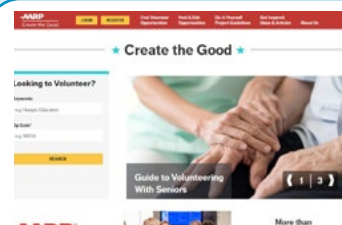
Volunteering has been shown to improve overall health and happiness. Visit these websites to find out more about volunteer opportunities in your community.



[United Way](http://www.unitedway.org)
www.unitedway.org



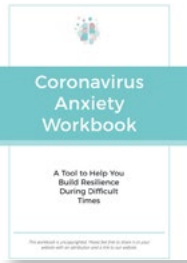
[Volunteer Match](http://www.volunteermatch.org)
www.volunteermatch.org



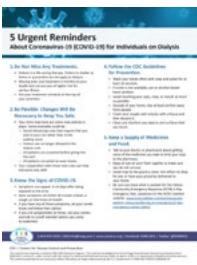
[Create the Good](http://www.createthegood.aarp.org)
www.createthegood.aarp.org

Resources to Help Cope With COVID-19

- [APA COVID-19 Information and Resources](#). American Psychological Association (www.apa.org) has updates their website for healthcare workers and the public.



- [Coronavirus Anxiety Workbook](#). The Wellness Society (thewellnesssociety.org) offers toolkits to therapists and individuals, including this workbook to be used as a tool help build resilience during difficult times.
- [Coronavirus Disease 2019 \(COVID-19\)](#) information is available on the Centers for Disease Control and Prevention (CDC) website at www.cdc.gov.
 - [Stress and Coping](#)
 - [Keeping Patients on Dialysis Safe](#)



- [5 Urgent Reminders for Individuals on Dialysis](#). Tip sheet from the ESRD NCC for dialysis patients during the COVID-19 outbreak. Available in [English](#) and [Spanish](#) from the ESRD Network Coordinating Center.
- [Dialysis Patient Citizen's Education Center Resource Listing](#) for additional support during COVID-19 Factsheet. Resource topics include: disability, financial assistance, nutrition, healthcare, housing and utilities, jobs, transportation, women and children, daily living, and staying safe.

- [Finding Joy During COVID-19](#). Steve Wilson, Clinical Psychologist, shares ways to add positives to your life every day as well as suggestions on how to take breaks from the stress of our current times on this YouTube video. Find out more about Dr. Wilson's Good Hearted Living at www.worldlaughtertour.com.
- [GHLF COVID-19 Support Program for People for Chronic Disease Patients and their Families](#). The Global Healthy Living Foundation has developed a support program for patients and their families to gather updated information, community support and other resources. (www.ghlf.org/coronavirus-patient-support/)



- [Maintaining Emotional Balance in an Unbalancing Time](#). This presentation provides some advice for clinic staff when responding to hard questions and emotional distress about COVID-19 from dialysis patients or their families. This presentation was provided by the Coalition for Supportive Care of Kidney Patients. (www.kidneysupportivecare.org)
- [NAMI COVID-19 Resource and Information Guide](#). This Guide from the National Alliance on Mental Illness (NAMI) provides information on a variety of topics including suggestions on how to handle stress and anxiety, support groups, assistance with financial resources, assistance with medications, etc. (www.nami.org/covid-19-guide)

- [Seven Tips for Managing Your Mental Health During the COVID-19 Pandemic](#). This blog from the National Council on Aging (www.ncoa.org) offers tips to stay mentally healthy that include staying informed, staying connected to others, and helping others to get through the pandemic.
- [Taking Care of your Behavioral Health](#): Tips for Social Distancing, Quarantine, and Isolation During an Infectious Disease Outbreak. This handout provided by the Substance Abuse and Mental Health Services Administration shares both tips and resources available. (www.samhsa.gov)
- National Alliance for Mental Illness (NAMI) Contact your [NAMI Affiliate](#) (www.nami.org) to find out what types of programs and supports they offer.
- [National Domestic Violence Hotline](#) or call 1-800-799-7233.
- National Suicide Prevention Lifeline: 1-800-273-8255. Free and confidential support and resources, 24/7.
- [Disaster Distress Helpline](#) 1-800-985-5990 or text TalkWithUs to 66746.
- A toll-free, 24/7, multilingual, and confidential crisis support service, run by the Substance Abuse and Mental Health Services Administration. (www.samhsa.gov/)

Step 2: Act

Go For It! Team with your staff and Network Patient Representative (NPR) to complete a patient engagement activity.

- Talk with your Network Patient Representative (NPR) to discuss ideas on what resources and activities they would like to see at the clinic to educate patients on coping and depression.
- Create a bulletin board:
- Challenge everyone to do the Six Daily Practices to Prevent Hardening of the Attitudes.
 - To share information on how to cope during COVID-19.
 - To share myths and facts about depression.
 - To share local mental health and volunteer resources.
 - To encourage patients to be active or share how they enjoy life “beyond the chair.” Ask patients to bring in photos
- Educate patients and staff by sharing the My Kidney Kit pages. Use the [My Education Sheet](#) to document any patient goals.



The following PE Activity was reported by Kyra Smith, MSW at DaVita Pella Dialysis. Kyra initiated a Social Distancing Challenge for the month of April helping patients focus on the things patients (and staff) can still do. They set goals and gave out calendars for patients to track their progress, encouraging patients to send/write letters; go outside; read; make phone calls; and start/re-start a hobby.

Step 3: Share

Share what your clinic has done with the rest of the Network!

- Ask your Network Patient Representative (NPR) for their feedback and encourage them to attend the next NPR Connection Call (2nd Thursday and Friday at 1:00 pm CST) to share with others!
- Take a photo of your activity and your clinic’s patient engagement activities at [Patient Engagement Activity Report](#).

Three Levels of Patient Engagement



For more information or to file a grievance, please contact
Qsource ESRD Network 12 | 920 Main, Suite 801 | Kansas City, MO 64105
Toll-Free Patient Line: (800) 444-9965
ESRDNetwork12@qsource.org



[Qsource.org](https://www.Qsource.org) | [ESRDNetwork12.org](https://www.ESRDNetwork12.org)