

Coping with grief and loss

Grief often follows loss and big life changes. It's not uncommon to experience grief as your kidney function declines. People do not grieve in the same way or over the same things. You may experience a wide range of emotions and feelings and miss the life you had before your diagnosis.

DEPRESSION DENIAL FEAR
OVERWHELMED
SAD RESENTMENT ANGER

WHAT CAN YOU DO?

Recognizing how normal this is—and that you're not alone—can be reassuring and help you stick with your care plan to feel your best.

1
Allow yourself to grieve.

Feel whatever you're feeling—without judging or blaming yourself.

2
Find routines that work.

You might not be able to jump right back into your daily life; you can create routines that help you feel less overwhelmed.

3
Take back some control.

While you cannot change your diagnosis, there are steps you can take to feel your best: eat healthy foods and take your medications as prescribed.

4
Treat yourself.

Spending time with loved ones, going for a walk, or watching a favorite movie are all ways to practice self-care.

5
Reach out for help.

Talk to your loved ones and let them know what you need. Sometimes just talking to someone you trust can make you feel better.



WE'RE ALWAYS HERE TO LISTEN

Your care team can help you when you're struggling. They are there for you—so reach out and talk whenever you feel the need.