

Mental Health Daily Practices



Living with chronic kidney disease (CKD) can be challenging, both physically and emotionally. Taking care of your mental health is just as important as taking care of your physical health, especially when living with CKD.

Incorporating mindfulness practices into your daily routine can help improve your mental health and well-being. Experiment with different techniques to find what resonates with you, and remember to be gentle and patient with yourself as you explore these practices. Bear in mind that it is okay to have difficult days and to seek support when needed.

Here are some daily mental health practices which can be helpful for people who have kidney disease. There is most likely a smart phone/tablet app for all of these suggestions.

Meditation: Spend a few minutes each day practicing mindfulness meditation. Find a quiet and comfortable space, sit or lie down, and focus on your breath or a specific mantra. Meditation can help reduce stress and anxiety, and promote a sense of calm and solace.

Yoga: Participate in gentle yoga sessions tailored to your physical capabilities. Yoga can help improve flexibility, strength, and balance while also calming the mind and reducing stress. Look for kidney-friendly yoga routines or consult with a yoga instructor who understands your specific needs.

Ambient Sounds: Listen to soothing ambient sounds such as nature sounds, white noise, or calming music. You can use apps or websites which offer a variety of ambient sounds to help you relax, focus, or sleep better. Experiment with different sounds to find what works best for you.

Guided Imagery: Practice guided imagery exercises where you visualize peaceful and calming scenes. Close your eyes, imagine yourself in a serene environment like a beach or a forest, and focus on the sensory details such as the sound of waves or the rustle of leaves. Guided imagery can help promote relaxation and reduce anxiety.

Deep Breathing: Incorporate deep breathing exercises into your daily routine. Take slow, deep breaths in through your nose, hold for a few seconds, and then exhale slowly through your mouth. Deep breathing can help activate the body's relaxation response, reducing stress and promoting a sense of serenity.

Mindful Walking: Practice mindful walking by taking slow, deliberate steps and paying attention to each movement and sensation. Focus on the feeling of your feet touching the ground, the rhythm of your breath, and the sights and sounds around you. Mindful walking can help ground you in the present moment and reduce stress.



Do You Have a Creative Outlet?

Art, crafts, music, and writing are powerful mediums which have the ability to evoke and express emotions in profound ways. These forms of creative expression provide a way for people to communicate and process complex feelings, improving emotional well-being.

Engaging in artistic activities such as painting, drawing, or sculpting provides an outlet for self-expression and exploration.

Listening to music allows individuals to connect with certain emotions or experiences, providing solace or validation.

The act of crafting involves working with one's hands to create something tangible, whether it is through knitting, woodworking, or pottery. Engaging in crafts can be a calming and interactive process which allows people to focus their attention on a specific task, diverting their thoughts from negative emotions.

Also, writing is a transformative tool for emotional exploration and introspection. Through writing, people can articulate and process their emotions, potentially providing a sense of relief and understanding. Journaling, for instance, allows people to document their thoughts and feelings, which can act as a self-reflective tool.

Creative outlets provide an opportunity for self-expression, emotional regulation, and self-awareness and have been shown to improve emotional well-being and resilience.

