

# Coping with depression and anxiety

When you're living with kidney disease, it's not unusual to feel down or unlike your usual self. Know the symptoms of depression and anxiety so you can reach out for support.

Symptoms of depression	Symptoms of anxiety
Eating too much or not enough	Stomach cramps
Having problems sleeping	Constant worrying
Losing interest in favorite activities	Panicked feelings
Feeling like a burden	Tiredness
Avoiding social situations	Headache
Thoughts of suicide or self-harm	Nausea

## Tips for emotional wellness

When dealing with feelings of depression and anxiety, it's important to practice self-care outside of taking prescribed medications.

Try these tips:

- ✔ Talk to someone you trust about how you're feeling.
- ✔ Let yourself experience your emotions and know they are normal.
- ✔ Take a walk or get light exercise to relieve stress.
- ✔ Enjoy a good laugh to bring joy to your day.
- ✔ Stick to a regular sleep schedule.



### We're here for you

Talk to your care team if you are experiencing feelings of depression or anxiety. They can offer support and resources to help you feel better. If you're experiencing suicidal thoughts or thinking about self-harm, call 9-8-8 to connect with the National Suicide & Crisis Lifeline or tell someone who can help right away.