



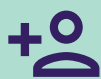
Coping with grief and loss

It's normal to feel grief as your kidney function declines. You may feel many emotions as you think about life before your diagnosis. Try these steps to help cope with your feelings.

What can you do?

Know your feelings are normal and you're not alone. This can help you stick with your care plan to feel your best.

- ✔ **Allow yourself to grieve.**
Feel whatever you're feeling without judgment or blame.
- ✔ **Find routines that work.**
Create new routines that help you feel less overwhelmed.
- ✔ **Take back some control.**
Feel your best by eating healthy foods and taking medications as prescribed.
- ✔ **Treat yourself.**
Spend time with loved ones, go for a walk, or watch your favorite movie.
- ✔ **Reach out for help.**
Let your loved ones 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 when you're struggling. Reach out to them whenever you need support.