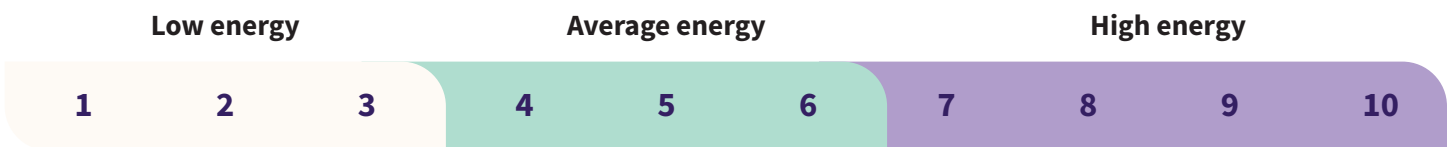


Managing your daily energy

Your energy levels can change when you have kidney disease, and each day may look a little different. Understanding your energy level can help you find things to do—even when your energy is lower.

Understanding how you feel

Rate your day. Think about how you feel and circle your energy level:



Use these questions to help you identify your energy level:

What does a high-energy day look like?

What does a low-energy day look like?

What activities can I do based on my energy level?

Activity ideas

Low-energy activities

- Watch your favorite movie
- Read a book or magazine
- Journal about your feelings

Average-energy activities

- Complete light housekeeping
- Take a short walk
- Invite family over to visit

High-energy activities

- Socialize with friends
- Garden or do yard work
- Volunteer in your community



We're here to help

Your care team is always here to help you.
Talk to them whenever you need support.