

My plan to feel my best

To feel my best on dialysis, I'm going to ...

My motivation to feel my best

- What is **important** to me?






- What is stopping me from **feeling my best** on dialysis?

- What can I do to **overcome** these roadblocks?

- What are the **benefits** of taking these steps?

Ways to feel my best during treatment

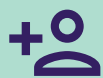
Dialysis doesn't mean you have to stop working or taking part in activities. Your time on dialysis can be a great opportunity to catch up on things you've been wanting to do.

-  **Get things done.**
Pay your bills, shop online, or check a few things off your to-do list.
-  **Meet new people at the dialysis center.**
Connect with others on dialysis to share experiences and support each other.
-  **Learn something new.**
Read a book, listen to a podcast, watch a video, or take a class online.
-  **Blog or journal about your experience.**
Writing can help you work through your feelings and share your thoughts with others.
-  **Sit back and relax.**
Enjoy your favorite music or inspirational program.



Treatment essentials

- Stay for my full treatment
- Take my medications
- Manage my fluids
- Care for my access



We are here to help!

Contact your care team with any questions or concerns.