

If you are a family member or a friend, you can help by:

- Letting your loved one express their feelings – either by talking, writing or crying.
- Trying not to judge the feelings expressed.
- Resisting the urge to give advice.
- Checking-in consistently with how your loved one is feeling.
- Asking your loved one what you could do that could help with their feelings.
- Avoiding sentences like “get on with it” or “stop thinking about it” will encourage your loved one to continue talking.

Don't forget to take care of yourself. We are only helpful to others when we have the energy to give.

If you have any further questions or concerns, contact the:

**Social Worker
Nurse
Doctor**



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FEELINGS

EVERYONE HAS THEM

***It is important not to be
ashamed of having
feelings***

Things that help

Many renal patients do a variety of things to help them cope with their feelings. Some of these include:

- Talking about it.
- Walking.
- Connection to Spirituality.
- Journaling or writing.
- Speaking to a counsellor/therapist.
- Connecting with a support group.



Normal feelings

All feelings are normal and no feeling is “bad” or “wrong.”

When you first start dialysis it is normal to feel a range of feelings. Some of these include:

- Numbness.
- Shock.
- Anger.
- Sadness.
- Anxiety.
- Grief.
- Denial.

Sometimes we may feel relieved because there is finally a diagnosis as to why we have been feeling unwell.

When it is too hard

There are times when the feelings we experience are too intense and we may need professional assistance to help us cope.

It is normal to need some help with your feelings.

Here are some signs that you need assistance to cope with your feelings:

- Feeling sad, depressed or angry every day.
- Constant feelings of hopelessness.
- Thoughts of ending your life or a general feeling that it is “not worth it.”