

Coping During the Holidays in the Pandemic

This webinar will start shortly

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Today's Presenter

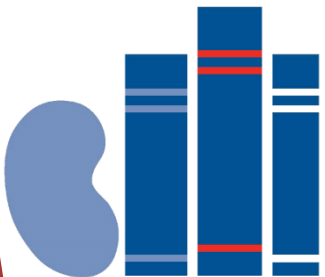
Kathy Aebel-Groesch, MSW, LCSW

- Licensed clinical social worker from St. Louis, MO
- Social Work Manager at DaVita
- Dialysis clinic social worker for more than 20 years
- Member of the Council of Nephrology Social Workers
- Editorial board member of *Nephrology News and Issues*
- DPC Advisory Council

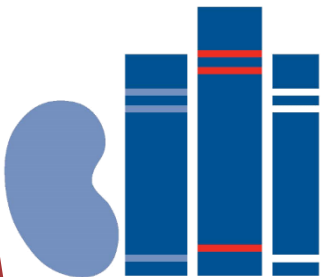


Agenda

- How holidays + COVID-19 can increase stress levels
- How stress affects our health
- Tips for managing stress



Managing our expectations



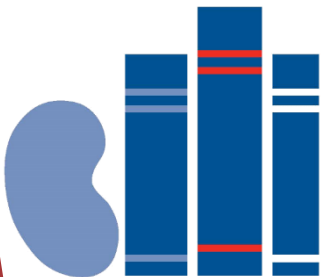
What can lead to increased stress?

Impact of COVID-19

- *Increased isolation*
- *Concerns about health*
- *Financial worries*
- *Prolonged sense of worry*
- *Grief & loss*

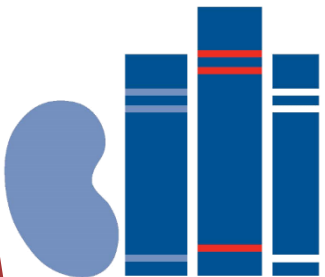
Holiday season

- *Accommodating treatment schedule*
- *Following kidney diet*
 - *Alcohol*
 - *Non-friendly foods*
- *Family dynamics/pressure*
- *Maintaining past traditions*



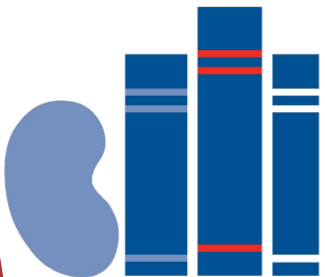
Physical Signs of Stress

- Aches & pains
 - *Headache*
 - *Stomach ache*
 - *Muscle tension*
- Changes in appetite
- Sleep
 - *Too much or too little*
- Changes in sexual function or interest



Mental/Emotional Signs of Stress

- Poor concentration
- Forgetfulness
- Lack of motivation
- Feeling down or depressed
- Less interest in things you normally enjoy
- Feeling worried or anxious
- Increased use of substances
 - *Alcohol*
 - *Caffeine*
 - *Marijuana*
 - *Benzodiazepines*



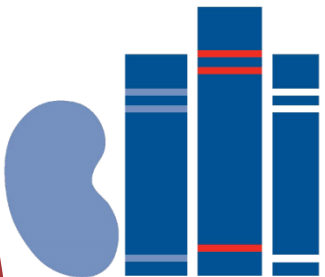
Impact of prolonged stress

Physical Health

- High blood pressure
- Abnormal heart rhythms
- Stomach & intestinal problems

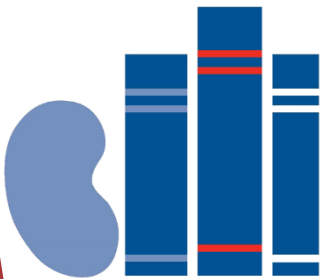
Mental Health

- Depression
- Anxiety
- Substance Use Disorder



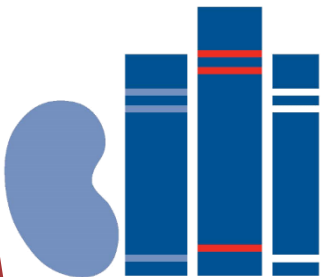
Healthy habits help manage stress

- Sleep hygiene
- Kidney-friendly diet
- Physical activity & fresh air
- Moderate alcohol & caffeine



Activities to reduce stress

- Mindfulness
- Prayer or meditation
- Social connection
- Keeping a sense of humor
- Journaling
- Gratitude
- Doing for others
- Creating new traditions

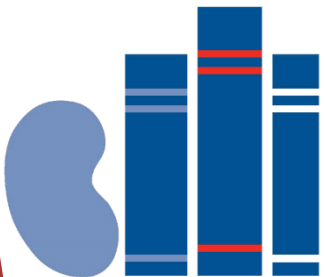


Managing Negative Thoughts

My family & friends think I don't care about them because I have to cancel holiday gatherings.

Reframe the thought

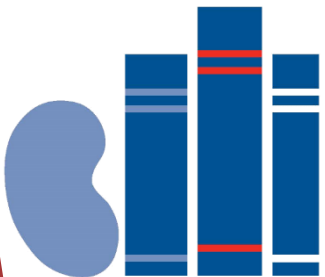
We can't be together in person right now because we care about each other and want to keep each other safe. We will find ways to celebrate together.



Do something to feel better

Behavioral activation

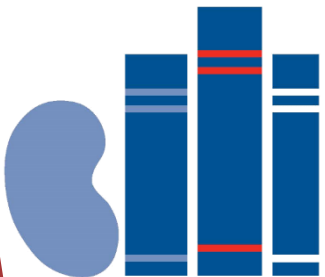
- Notice when you are feeling stuck or down
- Choose 1 small measurable thing you can do to shake up your routine
- Give your self a timeline to do it
- You may not feel like it, but do it anyway
- Notice how you feel afterwards



Take a break in your mind...

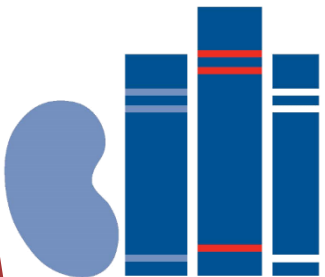
- Get comfortable and close your eyes
- Think of a place where you felt happy and at peace
- Look around
 - Where are you?
 - What do you see?
 - What sounds do you hear?
 - What do you smell?
 - What do you feel?

You can visit any time you need a calming break, even during dialysis!



Remember, you're not alone!

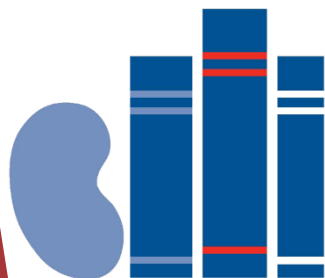
- Talk with your health care team
 - Your social worker can help you explore ways to manage stress
 - Your nephrologist or primary care provider can assess your needs and may recommend a mental health provider for additional support
- Share healthy coping tips with others at your dialysis clinic
- Join an online support group



Kidney-Specific Resources

The screenshot shows the homepage of the Renal Support Network (RSN). At the top is the RSN logo with the tagline "Renal Support Network RSNhope.org". Below the logo is a navigation menu with links: HOME, ABOUT, EVENTS, PROGRAMS, KIDNEY DISEASE, KIDS & PARENTS, BLOG, JOIN, DONATE, SHOP, CONTACT. The main content area features several promotional tiles: "Original Medicare vs. Medicare Advantage Plans" with a sub-headline "How Do I Decide?", "Annual Renal Teen Prom" for Sunday, January 17, 2021, "KidneyTalk Magazine", and "RSN ONLINE SUPPORT GROUPS".

The screenshot shows the banner for HOME DIALYSIS CENTRAL, a program of the non-profit NKF. The banner features a woman's legs in a blue skirt and red shoes, a small dog, and a path leading to a house icon. The text reads: "There's No Place Like Home... For Dialysis! Going home can give you a better, longer life!" with a "LEARN MORE" button.



The screenshot shows the National Kidney Foundation website. The header includes the logo "Doing Our Part, 6th Year NATIONAL KIDNEY FOUNDATION" and a search bar. The main headline reads: "Thousands of kidney patients are counting on us to keep fighting in the year ahead. You can give them hope." with a "Donate now" button. Below this is a "LATEST NEWS" section with several article thumbnails.

The screenshot shows the DaVita website. The header includes the DaVita logo and navigation links: Education, Diet & Nutrition, Treatment & Services, Tools, and FIND A CENTER. The main content area features a "Cookbooks" section with a "GET MY FREE COOKBOOK" button, an "Emotional Support" section with a "FIND AN ONLINE CLASS" button, and a "Learn to manage your kidney health" section with a "FIND A CLASS" button. There are also several article teasers.

General Resources

YOUR HEALTH

Holidays and Stress

This Holiday Season Do What's Best for You and Your Loved Ones



The screenshot shows the NAMI website's 'Support & Education' page. It features a header with the NAMI logo and navigation links. Below the header is a large image of three people talking. The main heading is 'Support & Education'. A sub-heading reads: 'If you or someone you know is struggling, you are not alone. There are many supports, services and treatment options that may help.' At the bottom, there is a 'Jump To' section with links for 'Mental Health Education', 'Support Groups', 'NAMI Helpline', 'Publications & Reports', and 'Video Resource Library'.

My Mental Health: Do I Need Help?
First, determine how much your symptoms interfere with your daily life.

Do I have mild symptoms that have lasted for less than 2 weeks?

- Feeling a little down
- Feeling down, but still able to do job, schoolwork, or housework
- Some trouble sleeping
- Feeling down, but still able to take care of yourself or take care of others

If so, here are some self-care activities that can help:

- Exercising (e.g., aerobics, yoga)
- Engaging in social contact (virtual or in person)
- Getting adequate sleep on a regular schedule
- Eating healthy
- Talking to a trusted friend or family member
- Practicing meditation, relaxation, and mindfulness

If the symptoms above do not improve or seem to be worsening despite self-care efforts, talk to your health care provider.

Do I have severe symptoms that have lasted 2 weeks or more?

- Difficulty sleeping
- Appetite changes that result in unwanted weight changes
- Struggling to get out of bed in the morning because of mood
- Difficulty concentrating
- Loss of interest in things you usually find enjoyable
- Unable to perform usual daily functions and responsibilities
- Thoughts of death or self-harm

Seek professional help:

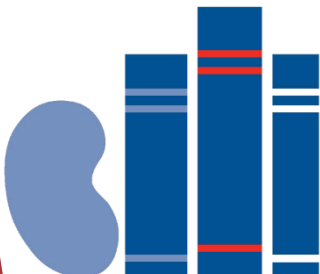
- Psychotherapy (talk therapy)—virtual or in person; individual, group, or family
- Medications
- Brain stimulation therapies

For help finding treatment, visit www.nimh.nih.gov/findhelp.

If you are in crisis, call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255), or text the Crisis Text Line (text HELLO to 741741).

www.nimh.nih.gov/findhelp

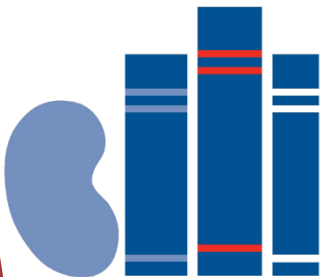
The screenshot shows the National Suicide Prevention Lifeline website. The top navigation bar includes 'GET HELP', 'LEARN', 'GET INVOLVED', and 'PROVIDERS & PROFESSIONALS'. The main heading is 'Talk To Someone Now'. Below this is a sub-heading: 'If you're thinking about suicide, are worried about a friend or loved one, or would like emotional support, the Lifeline network is available 24/7 across the United States.' There is a 'SHARE' button with social media icons. Below is a 'Directory' section with the text: 'The Lifeline is available for everyone, is free, and confidential. See below for additional crisis services and hotlines.' There are four service boxes: 'National Suicide Prevention Lifeline' with phone number 1-800-273-8255 and a 'CHAT WITH LIFELINE' button; 'Nacional de Prevención del Suicidio' with phone number 1-888-628-9454; 'Options For Deaf + Hard of Hearing' with text number 838255 and a 'CHAT WITH VCL' button; and 'Veterans Crisis Line' with phone number 1-800-273-8255 and a 'CHAT WITH VCL' button.



Your Social Worker can provide additional resources for support

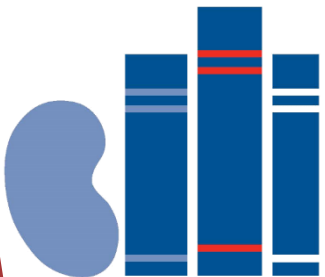
References & Resources

- <https://www.dialysispatients.org/>
- <https://www.davita.com/>
- <https://www.cdc.gov/coronavirus/2019-ncov/your-health/coping-holiday-stress.html>
- <https://homedialysis.org/>
- <https://www.kidney.org/>
- <https://www.nami.org/Home>
- <https://www.nimh.nih.gov/health/education-awareness/shareable-resources-on-coping-with-covid-19.shtml>
- <https://www.rsnhope.org/>



Questions?

Please use the Chat Box



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Feedback Form

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January 28, 2021

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