



How I Cope During the COVID-19 Pandemic

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This pandemic has us isolated from things we used to enjoy!

We are unable to visit our friends and families. It is not going to go away anytime soon. Just taking walks by myself was not making me good at all. I knew then I needed to do something.

That something had to be done. I was tired of the isolation I felt. I needed something that I could do on my own or with the immediate family. I made an idea sheet. It showed me what I can do.

I found journaling as a way of expressing myself. You can yell, scream, shout, and cry. No one cares. You can show it to your family, so they understand how and why you feel that way. It is especially a great recall when and if you talk to a counselor.

Working a puzzle is a great way to enjoy spending time alone or with family. You might in fact like playing games with the kids or grandkids.

I love to color. They have adult coloring books. Mandalas and numerous other things. So, get colored pencils out and relax.

Taking care of a plant. Talk to it give it a name. It does not talk back to you and listens to what you say without judging you.

If you have Facebook find a crocheting group, wood working group. Cricut group. Etc.

I learned diamond painting. You can find the kits on Amazon.

A Davita support group is online. They are on Facebook. These people are facing dialysis and pandemic issues. We call ourselves the dialysis warriors. We help

each other through our issues.

Kidney failure patients have so much frustration. Wanting to get on the list. Trying to do everyday things and feeling like a burden to their families. Or the families do not know how to help or what to say.

We go through so many emotions. It is not just emotions it is grief. The stages of grief we go through many times.

Find someone you can confide in. A friend, clergyman. Or what I did is to turn to a therapist. We all need someone to confide in at some time in their life.

As I said I talk to a therapist. She listens to what I say. She will not talk to my family and keeps it between us only. If I want my family to hear what I am going through she helps mediate. There is no judgement just ways to cope with ESRD.