

Coping with grief and loss

Grief often follows loss and big life changes. It's not uncommon to experience grief after the loss of kidney function and at the beginning of dialysis. Even once you are in a solid routine, you'll have days when you'll fall back into grieving for the life you had before dialysis. People do not grieve in the same way or over the same things—you may experience a wide range of emotions and feelings.

**DEPRESSION DENIAL FEAR
OVERWHELMED
SAD RESENTMENT ANGER**

WHAT CAN YOU DO?

Recognizing how normal this is—and that you're not alone—can be reassuring and help you stick with your care plan to feel your best.

**1
Allow yourself
to grieve.**

Feel whatever you're feeling—without judging or blaming yourself.

**2
Find routines
that work.**

You might not be able to jump right back into your daily life; you can create routines that help you feel less overwhelmed.

**3
Take back
some control.**

While you cannot change your diagnosis, there are steps you can take to feel your best: eat healthy foods, take your medications as prescribed and stay for your full treatments.

**4
Treat
yourself.**

Spending time with loved ones, going for a walk or watching a favorite movie are all ways to practice self-care.

**5
Reach out
for help.**

Talk to your loved ones and let them know what you need. Sometimes just talking to someone you trust can make you feel better.



WE'RE ALWAYS HERE TO LISTEN

Your social worker is trained to help you and your family adjust to life on dialysis. For more ways to cope, visit [FreseniusKidneyCare.com/ManagingEmotions](https://www.freseniuskidneycare.com/managingemotions).