

# Coping with depression and anxiety

Depression and anxiety are much more common than you might think. When you're living with end stage renal disease, it's not unusual to feel down or unlike your usual self. The signs of depression and anxiety can be hard to recognize, especially since they can be similar to symptoms of other illnesses—left unrecognized and untreated, these symptoms can interfere with your daily life.

SYMPTOMS OF DEPRESSION	SYMPTOMS OF ANXIETY
<ul style="list-style-type: none"><li>/// Eating too much or not enough</li><li>/// Having problems sleeping</li><li>/// Having difficulty enjoying daily activities</li><li>/// Feeling like a burden</li><li>/// Avoiding social situations</li><li>/// Experiencing thoughts of suicide or self-harm</li></ul>	<ul style="list-style-type: none"><li>/// Stomach cramps</li><li>/// Constant worrying</li><li>/// Panicked feelings</li><li>/// Tiredness</li><li>/// Headache</li><li>/// Nausea</li></ul>

*If you experience any of the symptoms above for more than 2 weeks at a time, it's a good idea to talk to your care team. They can offer you support to help you get back to feeling your best.*

## Tips for emotional wellness

When coping with feelings of depression and anxiety, it's important to practice self-care beyond taking any prescribed medications. Try using these 5 actions to help improve your emotional well-being:

- ① Talk to someone about how you're feeling.
- ② Allow yourself to experience your emotions and know that they are normal.
- ③ Take it one day at a time.
- ④ Go for a walk or get some light exercise to relieve stress.
- ⑤ Look for support from friends, family and your community.



### **WE'RE ALWAYS HERE TO LISTEN**

Your social worker can help you when you're struggling. He or she is there for you—so reach out and talk whenever you feel the need.