

MAY IS MENTAL HEALTH AWARENESS MONTH!

As we continue to navigate the challenges of living with kidney disease, we must recognize the impact of medical trauma on our mental well-being. Medical traumas, whether from diagnosis, surgical procedure, treatment, or daily management, can affect our emotional health and overall quality of life.

Kidney patients need to be aware of the signs of medical trauma and not hesitate to seek help when needed. Remember, it's okay not to be okay, and reaching out for support is a sign of strength, not weakness.

Here are some ways to manage medical trauma and prioritize your mental health:

- Seek professional help: Don't hesitate to reach out to a mental health professional who understands the challenges of living with kidney disease. Therapy and counseling can provide valuable tools and coping strategies.
- Practice self-care: Make time for activities that bring you joy and relaxation. Whether meditation, exercise, reading, or spending time with loved ones, self-care is essential for maintaining mental well-being.
- Stay connected: Building a solid support system of family, friends, and fellow kidney patients can provide comfort and understanding during difficult times. Don't be afraid to lean on others for support.
- Educate yourself: Knowledge is power. Learn about the impact of medical trauma on mental health and the resources available to help you navigate these challenges.

Remember, you are not alone in this journey. Your mental health matters, and taking care of yourself is a priority. Let's raise awareness, support each other, and prioritize our mental well-being as we continue to navigate the complexities of living with kidney disease.

Together, we can empower ourselves and others to recognize and manage medical trauma, fostering a community of resilience and strength. If you need assistance, please view the Forum KPAC's Depression Toolkit at <https://esrdnetworks.org/toolkits/patient-toolkits/dialysis-patient-depression-toolkit/>.

#MentalHealthAwarenessMonth #KidneyHealth #MedicalTraumaAwareness #SelfCare
#YouAreNotAlone