

Forty-nine words in six steps for dialysis stress reduction

Being a kidney patient on peritoneal or hemodialysis may involve many different kinds of stress. This short, imaginative exercise may help you, or someone you know, reduce those anxieties and worries, and achieve some goals that are individually meaningful.

Before you continue the exercise, create a personal goal or intention for yourself; something satisfying and new that you would like to do during your dialysis session.

Perhaps it is to be relaxed, so that you can move easily and comfortably
Maybe it is to tune your ears so that you hear everything that's important
around you, and easily ignore any distractions that might make
you anxious or upset.

Maybe you want to sharpen your vision, so that as you look carefully, you see
everything that is important where you are.

Maybe you want to feel calm and peaceful, more optimistic about what
you are doing.

Maybe you can remember the feeling of relief the first time you used a dialysis machine. Your body was slowly beginning to be healthy again. Did you notice that change inside? How did it feel? What else did your body do as it became comfortable with dialysis? And what other changes would you like to have?

Maybe you would like a greater sense of safety and calm peacefulness, and gratitude for the help you receive.

Maybe it is to recall some plan you had for your life before kidney disease. And you will have some other ideas of things you'd like to do or experience. Would that be a good goal to imagine?

Go ahead and imagine doing something personally important, that will help you increase your comfort with dialysis. Imagine something you can realistically do, not just a wish.

In this box write your individualized, achievable goal.

Take time to store your goal in some special place in memory, where you can find it later.

Turn the page

Here are the **Forty-nine words** in bold
(*the text in italics is a suggested explanation*)

Step 1. Prepare a personal suggestion.

Something that will solve a problem, make you happier, more satisfied.

Step 2. Look around and find a spot for focus.

Pick a spot that is a little blurry, without hard boundaries. A plate around a light switch, or a shiny doorknob or a single flower in a vase might work.

Step 3. Focus on the spot....inhale.....hold it.....exhale slowly.

Fill your lungs but don't strain. Let your shoulders move naturally.

Step 4. Increase focus....inhale.....and as you exhale whisper.....“Deeper”.

End the whisper the same time you end the exhalation

Step 5. Continue breathingand whispering “Deeper”..... until you see the spot change.

Some people see it right away..... for some,..... change takes a little longer.

Step 6. When the spot has a halo of light.....recall your goal

The faint light is a sign your brain has changed, that you are seeing and planning with more concentration and less emotion.

Live your goal.