

**ESRD - Living with
Kidney Disease
Coloring Book**

THIS COLORING BOOK BELONGS TO:



Welcome to Your Coloring Book!

Living with end-stage renal disease (ESRD) can be tough—not just on your body, but on your mind too. There's a lot to manage, from medicines to meals to dialysis, and it's normal to feel stressed or overwhelmed sometimes.

You're not alone. Many people with kidney disease feel the same way.

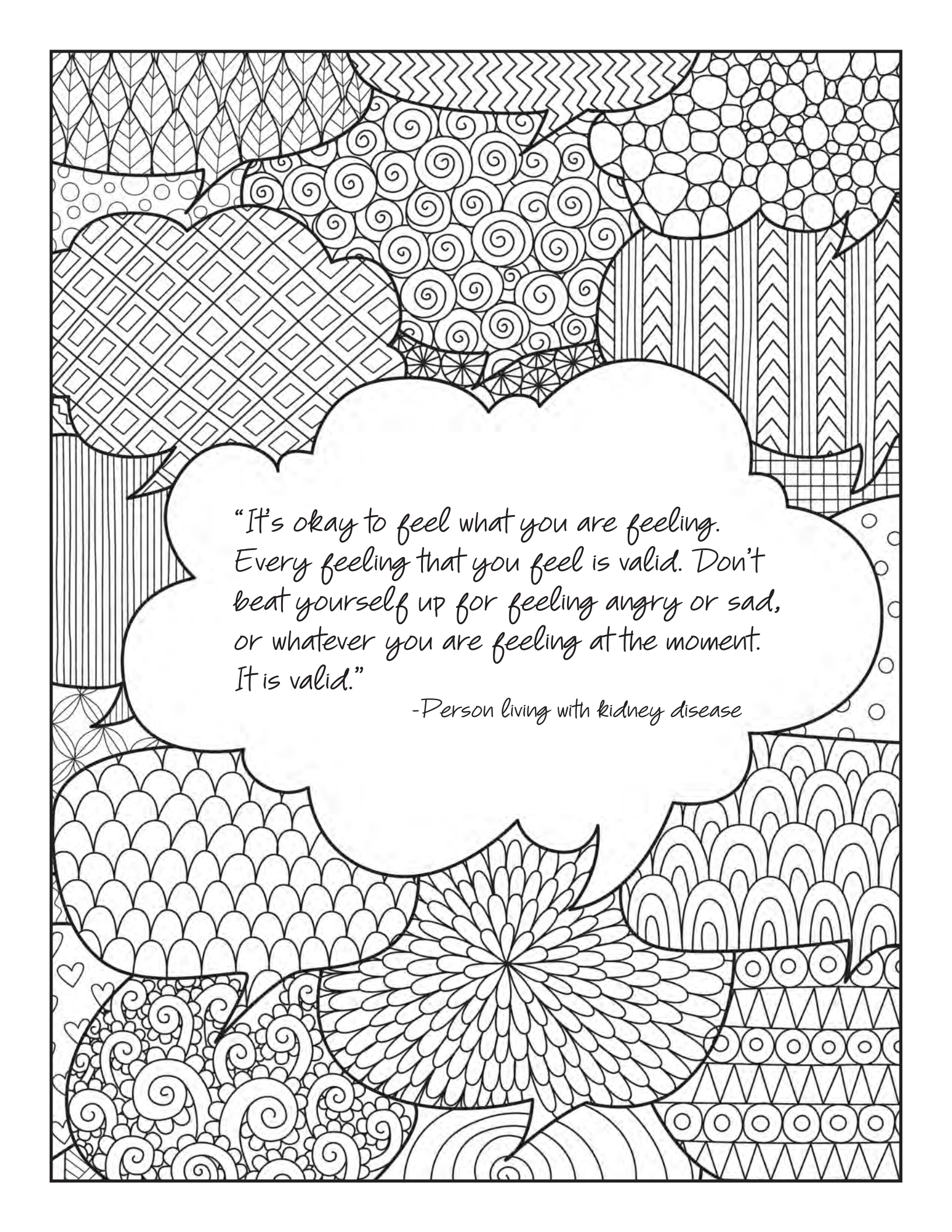
That's why we created this coloring book! Coloring is a great way to relax, take a deep breath, and focus on something peaceful. It's a small but powerful tool to help with stress, anxiety, and those tough days when you just need a break.

So grab your favorite colors and make this book your own. This is your time to slow down, enjoy the moment, and take care of yourself.

Happy coloring!

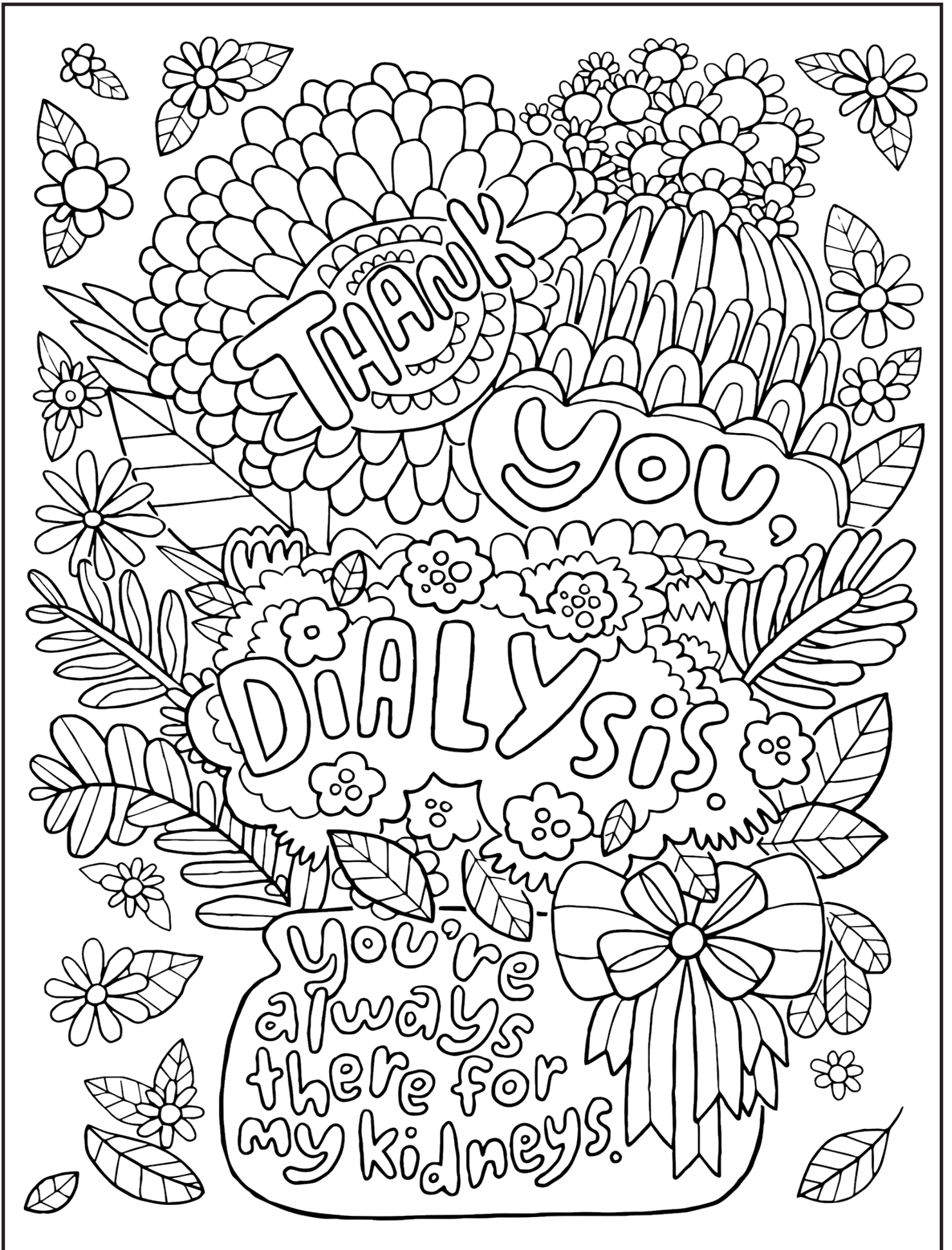






*"It's okay to feel what you are feeling.
Every feeling that you feel is valid. Don't
beat yourself up for feeling angry or sad,
or whatever you are feeling at the moment.
It is valid."*

-Person living with kidney disease

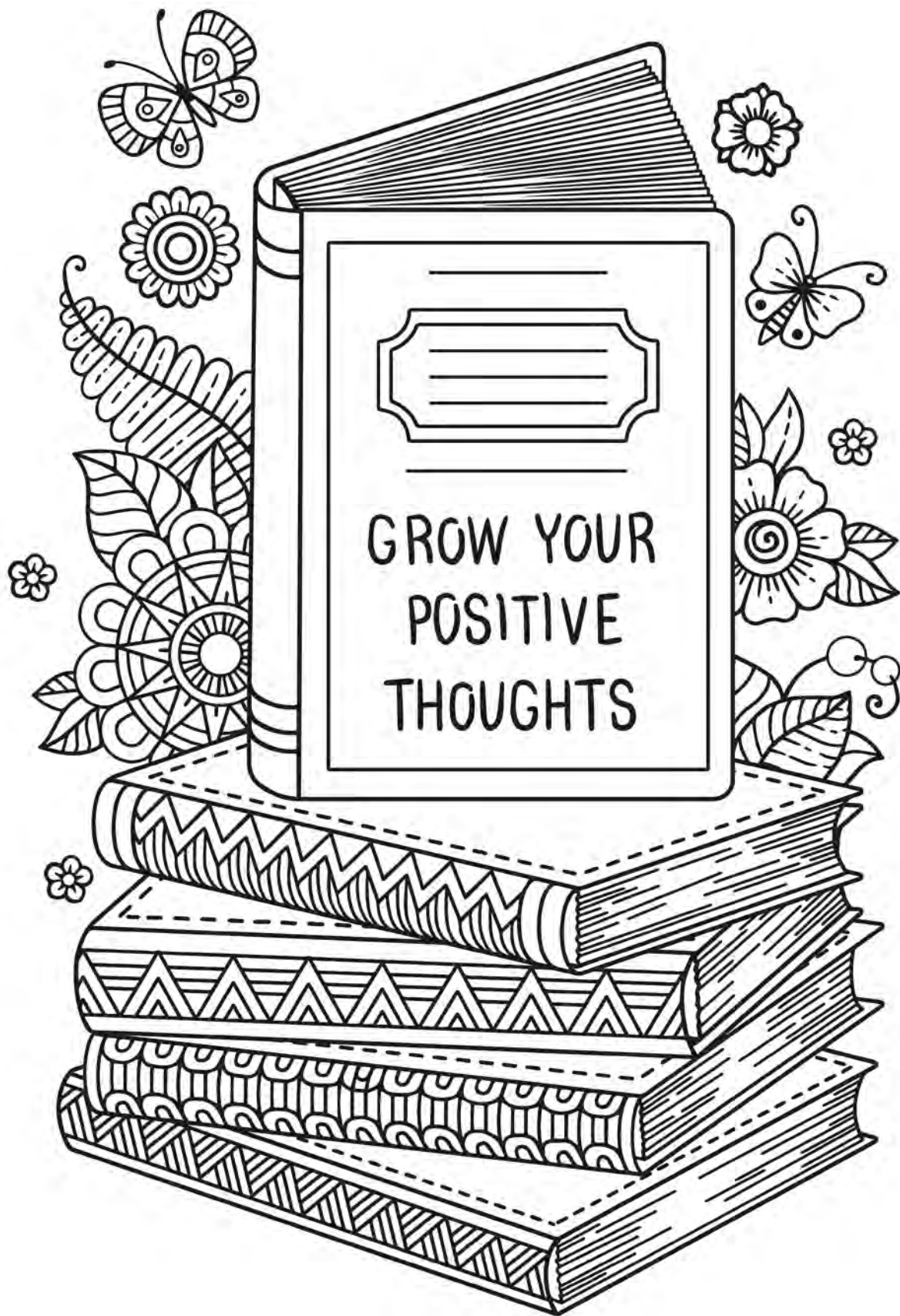


THANK

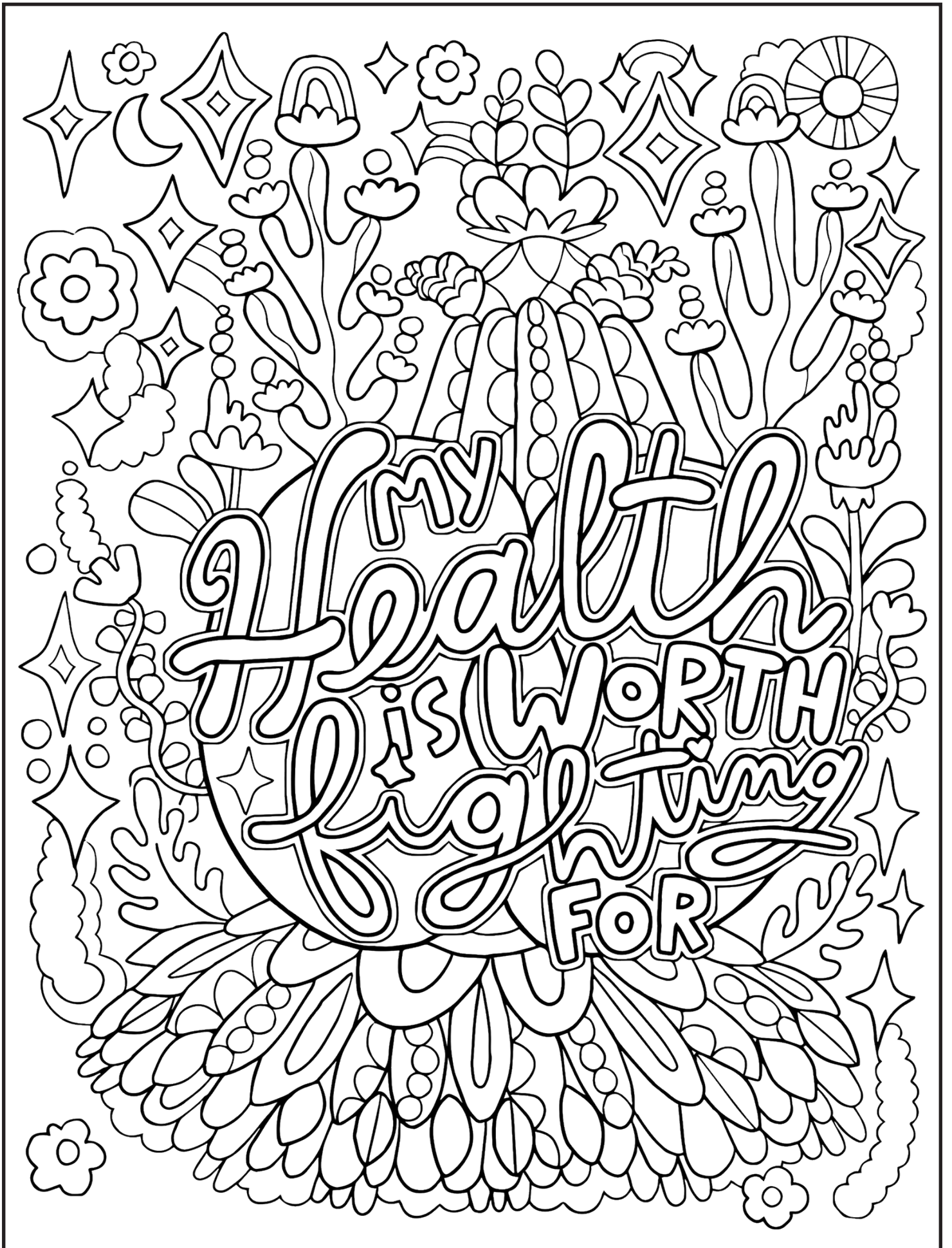
YOU,

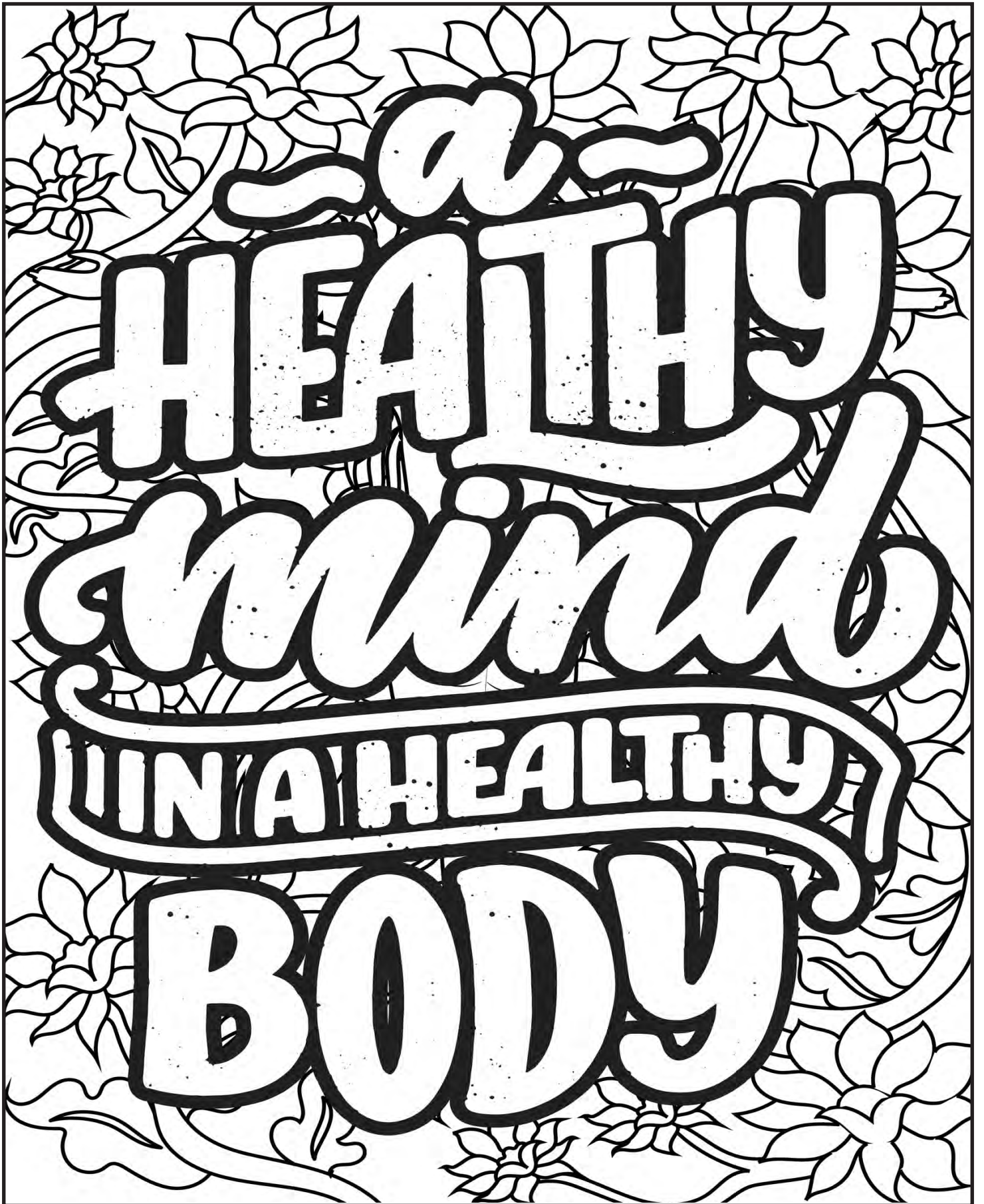
DIALYSIS sis.

you're
always
there for
my kidneys.



Want to understand your feelings better? Check out a self-help book on mental health – find them easily online or in stores!

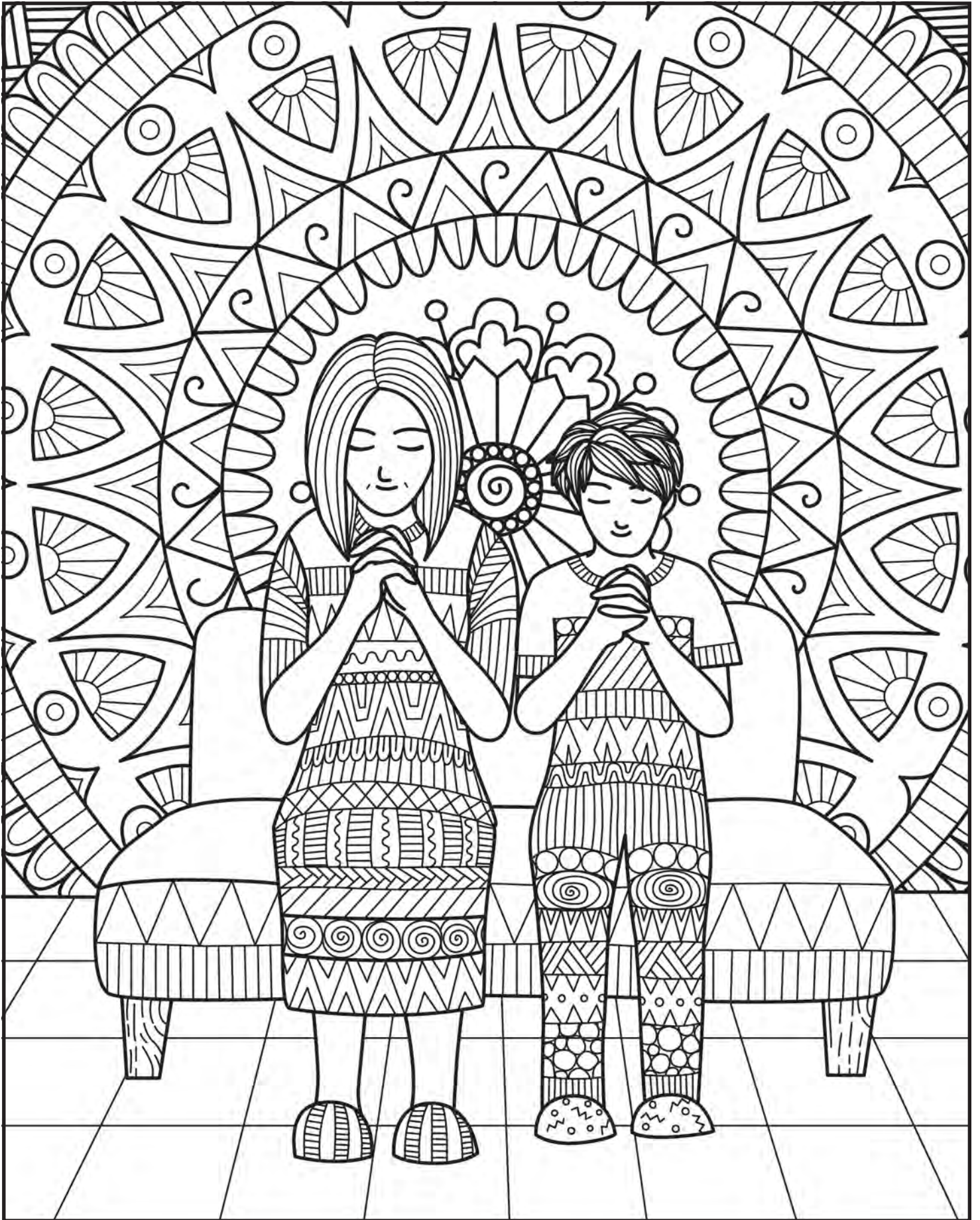




Boost your mood and mind with exercise! It can ease anxiety and depression, sharpen thinking, learning, and memory. If you have health concerns, chat with your doctor before jumping in.

EAT HEALTHY FOOD





Tap into your faith and spirituality for a powerful mental health boost!
Your religious community offers a supportive network to lean on when you need it most.



a Vato

THIS

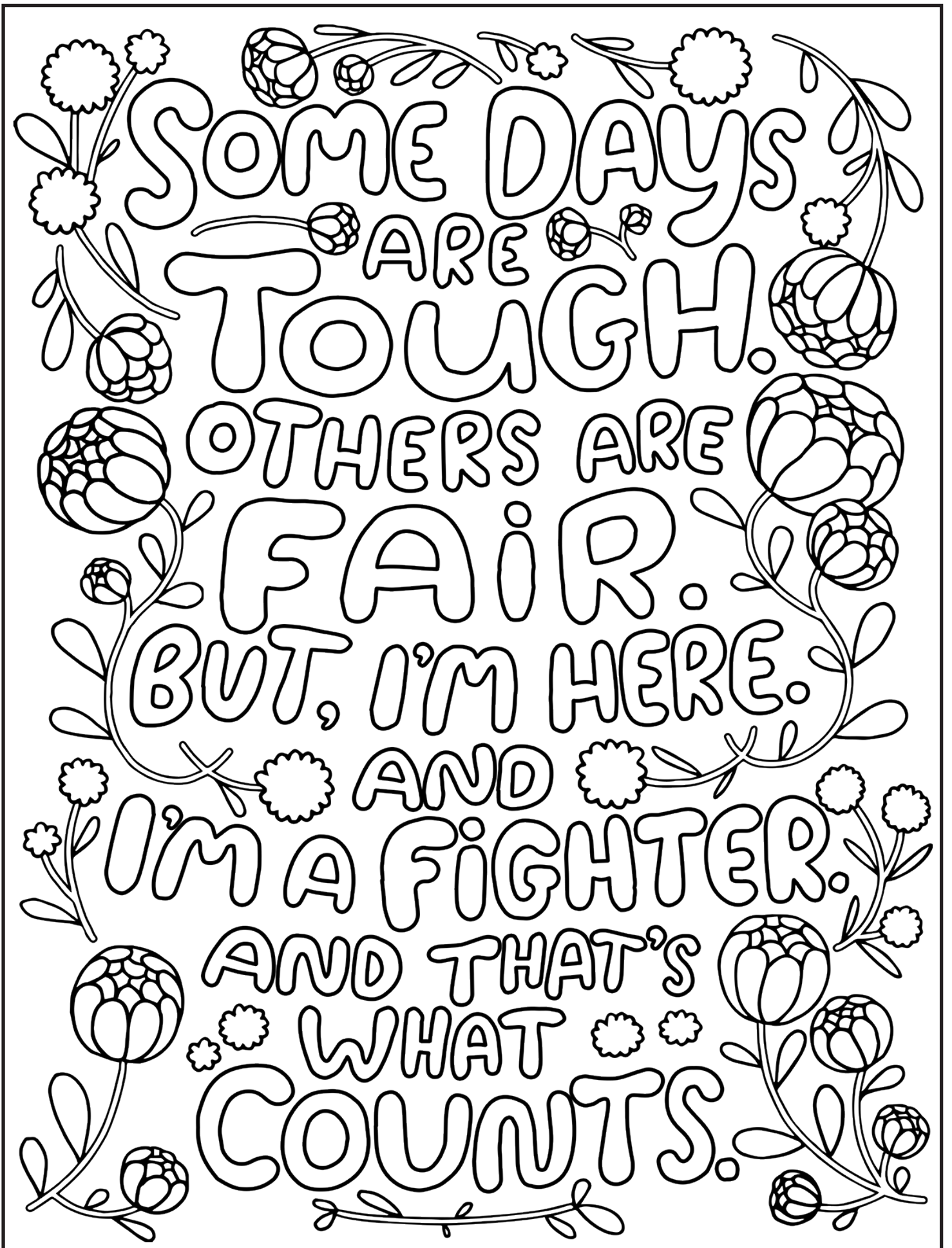
always

A GOOD

idea



**Share your
feelings
with trusted
family and
friends!**



SOME DAYS

ARE

TOUGH.

OTHERS ARE

FAIR.

BUT, I'M HERE.

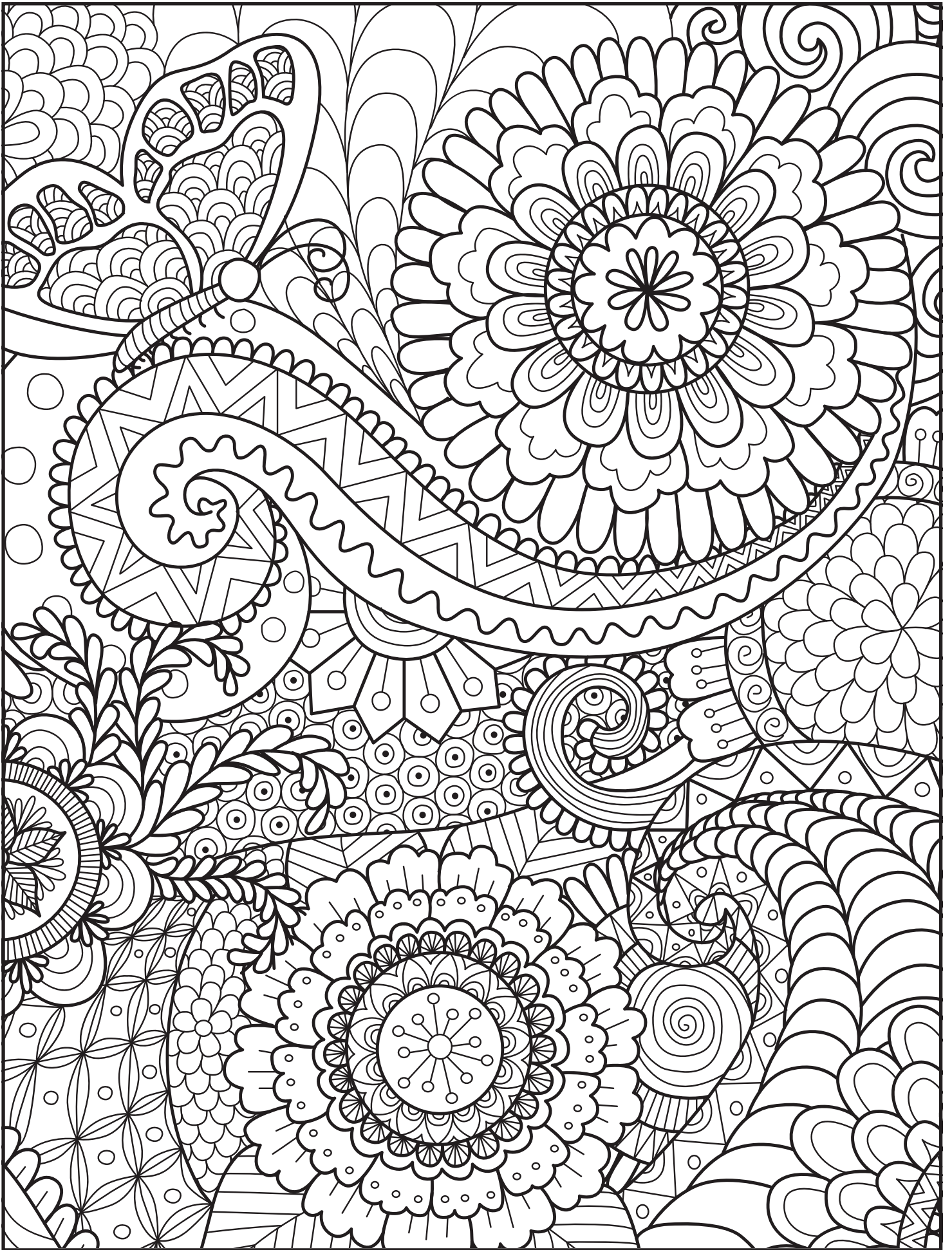
AND

I'M A FIGHTER.

AND THAT'S

WHAT

COUNTS.



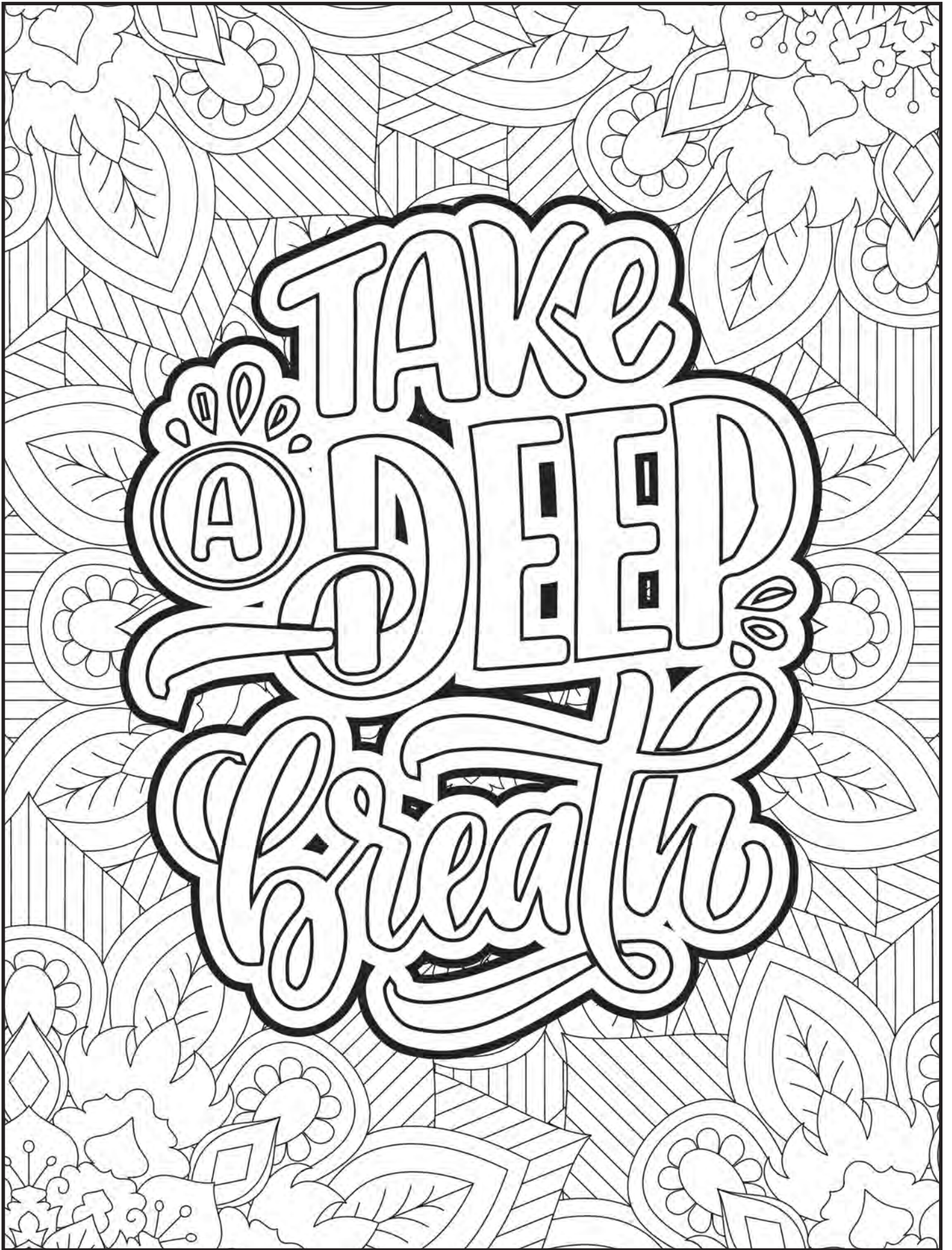
WHEN I
NEED TO REST...

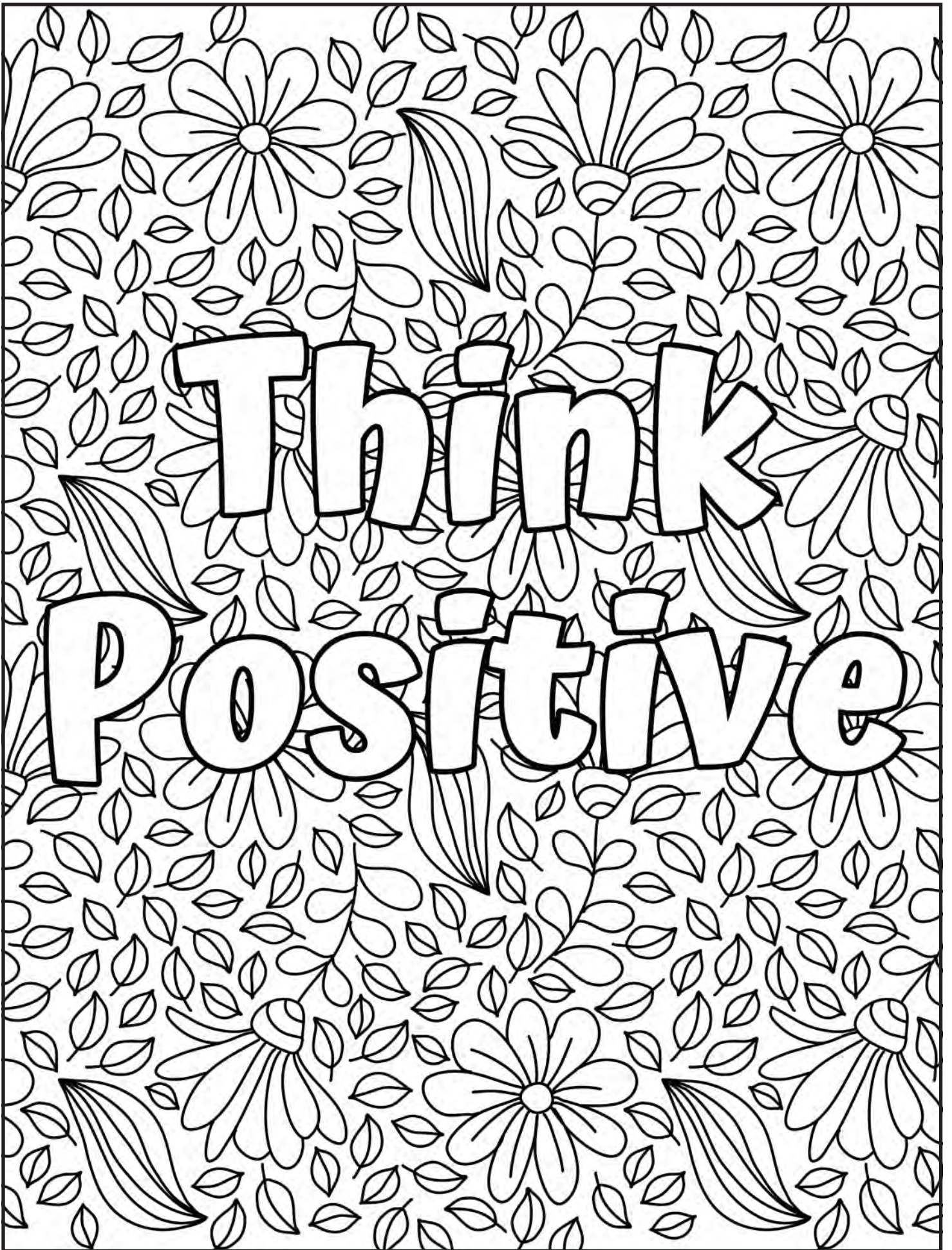


I REST.
AND THAT'S
OKAY.

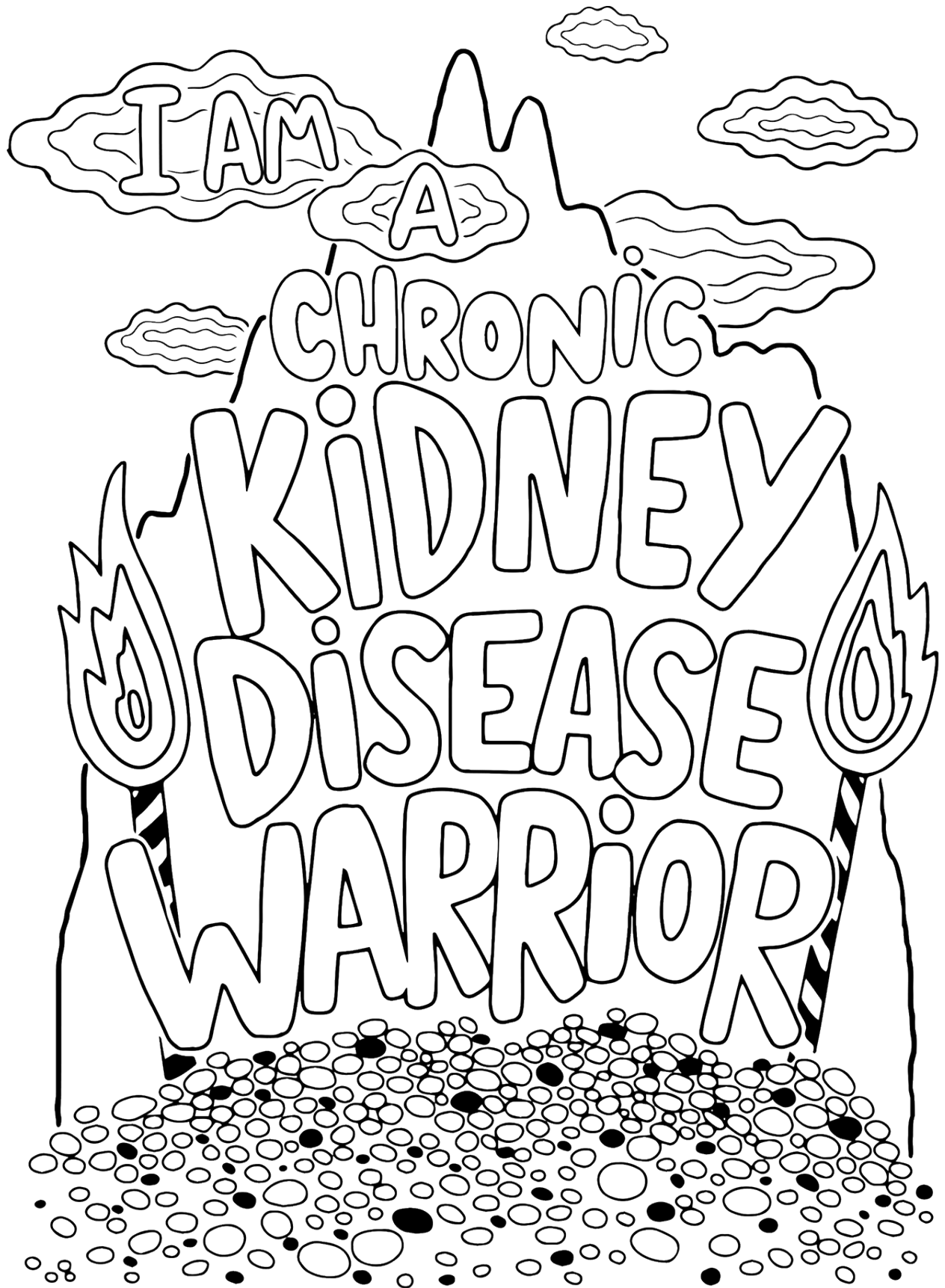


THERE'S
always
SOMETHING TO BE
THANKFUL
for





**Think
Positive**



 **ALLIANT**
HEALTH SOLUTIONS

 **END STAGE RENAL DISEASE**
NETWORKS 7 | 8 | 13 | 14

This material was prepared by Alliant Health Solutions, an End Stage Renal Disease (ESRD) Network under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services (HHS). Views expressed in this material do not necessarily reflect the official views or policy of CMS or HHS, and any reference to a specific product or entity herein does not constitute endorsement of that product or entity by CMS or HHS.
Contract No. NW 8: 75FCMC19D0005-75FCMC21F0001 and NW 14: 75FCMC19D0005-75FCMC21F0002