

LIVING WELL WITH CKD

A GROUP-BASED LIFESTYLE PROGRAM FOR
CHRONIC KIDNEY DISEASE

WEEK 1: INTRO

MAUREEN DORAN, MA, RDN, LD, NBC-HWC

PENNY GEORGE™
INSTITUTE
FOR HEALTH
AND HEALING

Allina Health ™

WELCOME



- We are glad you are here!
- You are committing this this time to your own health & well-being.
- We are honored to join you in discovering proven ways you can improve your brain and overall health & wellbeing
- Who we are & why we are offering this program
- Where to find supportive materials

THE GOAL OF THIS PROGRAM

To prevent or slow further kidney decline with the addition of lifestyle practices proven to help delay decline.

Many studies of interventions to reduce risk factors for chronic disease suggest that effective interventions are those that change health behavior, rather than increase knowledge (Jepson, 2000)

ASSUMPTIONS WE MADE WHEN DEVELOPING THIS PROGRAM:



- **We recognize** that health behavior change is just 1 of the many challenges you face, along with the shock or fear of the condition, role changes and competing commitments.
- **It is possible to challenge beliefs** about your ability to change
- **Poor social support** can lead to poorer health & wellbeing. That is why we are here together and why we will talk about resources each week
- **Lack** of resources and lack of support so emphasis will be placed on the lowest cost choices.

TODAY'S AGENDA

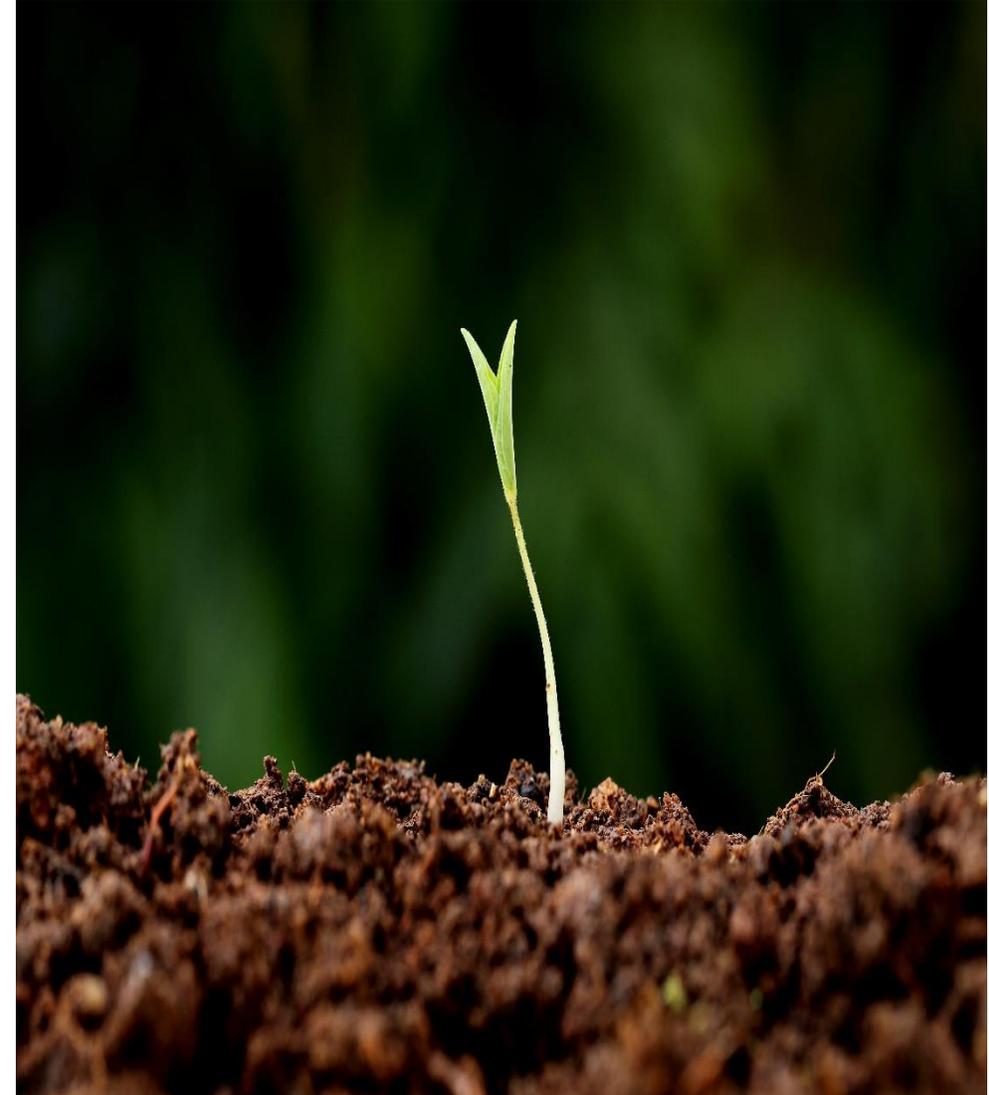
- **Welcome & Introduction (5 min)**
- **Group Agreements (5 min)**
- **Individual introductions (20 min)**
- **5 min break**
- **Program overview- (10 min)**
- **Experiential (20 min)**
- **Next Steps (10 min)**



GROUP AGREEMENTS

We each will:

- Try to attend every session in the series.
- Be prompt, so meetings can start and end on time.
- Have our cameras on, if possible, and be in a private space with minimal distractions
- Arrive with assumption that we are all doing our best
- Respect each others' experiences, perspectives and differences.
- Ask questions!
- Do our best to complete tasks & practices outside of group.



INDIVIDUAL INTRODUCTIONS

We are all in this together to learn how to optimize our health

- Is there something specific you want out of this program? If so, what?
- What are you worried about? What is your biggest concern coming in today?
- Anything else about yourself that you would like to share?



-
- “When you plant lettuce, if it does not grow well, you don't blame the lettuce.
 - You look for reasons it is not doing well. It may need fertilizer, or more water, or less sun.
 - You never blame the lettuce”.
 - — Thich Nhat Hanh



A person wearing a blue and white striped hoodie is sitting and reading a magazine. The magazine is open, and the person's hands are visible holding it. The background is a plain, light-colored wall. The overall scene is dimly lit, with a soft, muted color palette.

5 MINUTE BREAK

WHAT WE WILL BE EXPLORING

- These lifestyle areas can help protect your kidneys:
 - Nutrition (we will bring nutrition into each section)
 - Sleep
 - Movement
 - Stress Management and Mental Well-being
 - Relationships and Social connection
 - Avoiding risky substances

We will also help you to decide which, if any, changes to make and how to make them.

We will also be providing experiences & resources in the weeks to come

BEFORE WE BEGIN...

- **PURPOSE IS POWERFUL!**

- Knowing your “why” can motivate you towards making positive changes
- Identifying what is important to you will help keep you focused on making changes that will help protect your kidneys

- **What do you consider most important in life?**

What do you feel gives your life meaning & purpose?

What makes you the happiest, most satisfied & most fulfilled?

IDENTIFY YOUR VALUES

- Values are a person's principles or standards of behavior; one's own judgment of what is important in life.

The more we live from our values, the more resilient we become.

When we live from our values, we give our life meaning.

“Those who have a 'why' to live, can bear with almost any 'how'.”

— Viktor E. Frankl, [Man's Search for Meaning](#)

VALUES

What are your core values? How do your values drive your actions?

Instructions:

Listed below are 50 values. Read through the list. When you find a value that describes you, circle it. Next, condense the circled list to the 10 values that most describe you. Finally, reflect on the meaning of each of these 10 values, and ask yourself if they are congruent with the choices you make and the actions you take on a daily basis. If so, great! Keep it up! If not, look at how you may create a life of greater integrity and happiness! Enjoy!

ACCEPTANCE

To be accepted as I am

ACCURACY

To be correct in my opinions and actions

ACHIEVEMENT

To accomplish and achieve

ADVENTURE

To have new and exciting experiences

ATTRACTIVENESS

To be physically attractive

AUTHORITY

To be in charge of others

AUTONOMY

To be self-determining and independent

BEAUTY

To appreciate beauty around us

CARING

To take care of others

ECOLOGY

To live in harmony with and protect the environment

FAME

To be known and recognized

FAMILY

To have a happy, loving family

FLEXIBILITY

To adjust to new or unusual situations easily

FORGIVENESS

To be forgiving of others

FRIENDS

To have close, supportive friends

FUN

To play and have fun

GENEROSITY

To give what I have to others

GENUINENESS

To behave in a manner that is true to who I am

INNER PEACE

To experience personal peace

INTIMACY

To share my innermost experience with others

JUSTICE

To promote equal and fair treatment for all

KNOWLEDGE

To learn and possess valuable knowledge

LEISURE

To make time to relax and enjoy

LOGIC

To live rationally and sensibly

LOVED

To be loved by those close to me

LOVING

To give love to others

MASTERY

To be competent in my everyday activities

RESPONSIBILITY

To make and carry out important decisions

RISK

To take risks and chances

ROMANCE

To have intense, exciting love in my life

SAFETY

To be safe and secure

SELF-ACCEPTANCE

To like myself as I am

SELF-CONTROL

To be self-disciplined and govern my own activities

SELF-ESTEEM

To feel positive about myself

SELF-KNOWLEDGE

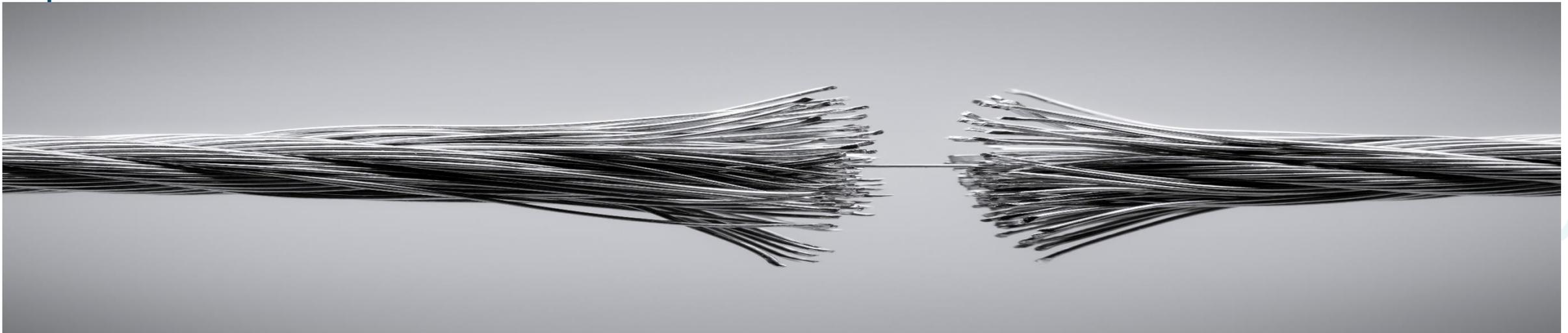
To have a deep, honest understanding of myself

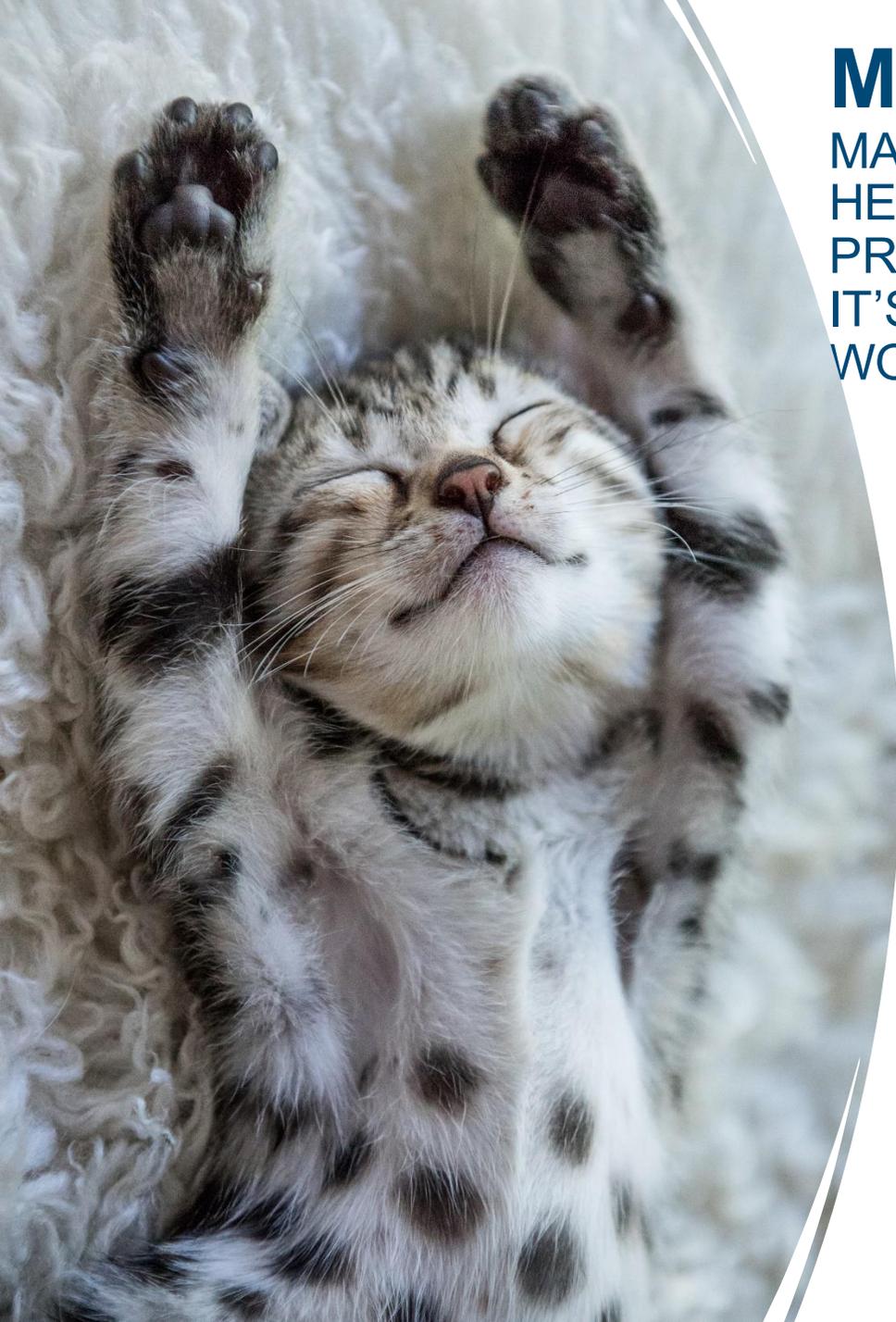
SERVICE

To be of service to others

WHAT ABOUT STRESS?

- Stress can have an impact on kidney disease progression and your ability to manage it.
- Chronic stress is a persistent state of stress that continues for extended periods of time
- Chronic stress can lead to high blood pressure and poor glucose management- both of these are risk factors for kidney disease.
- Chronic stress can also make it more challenging for you to follow your treatment plans.

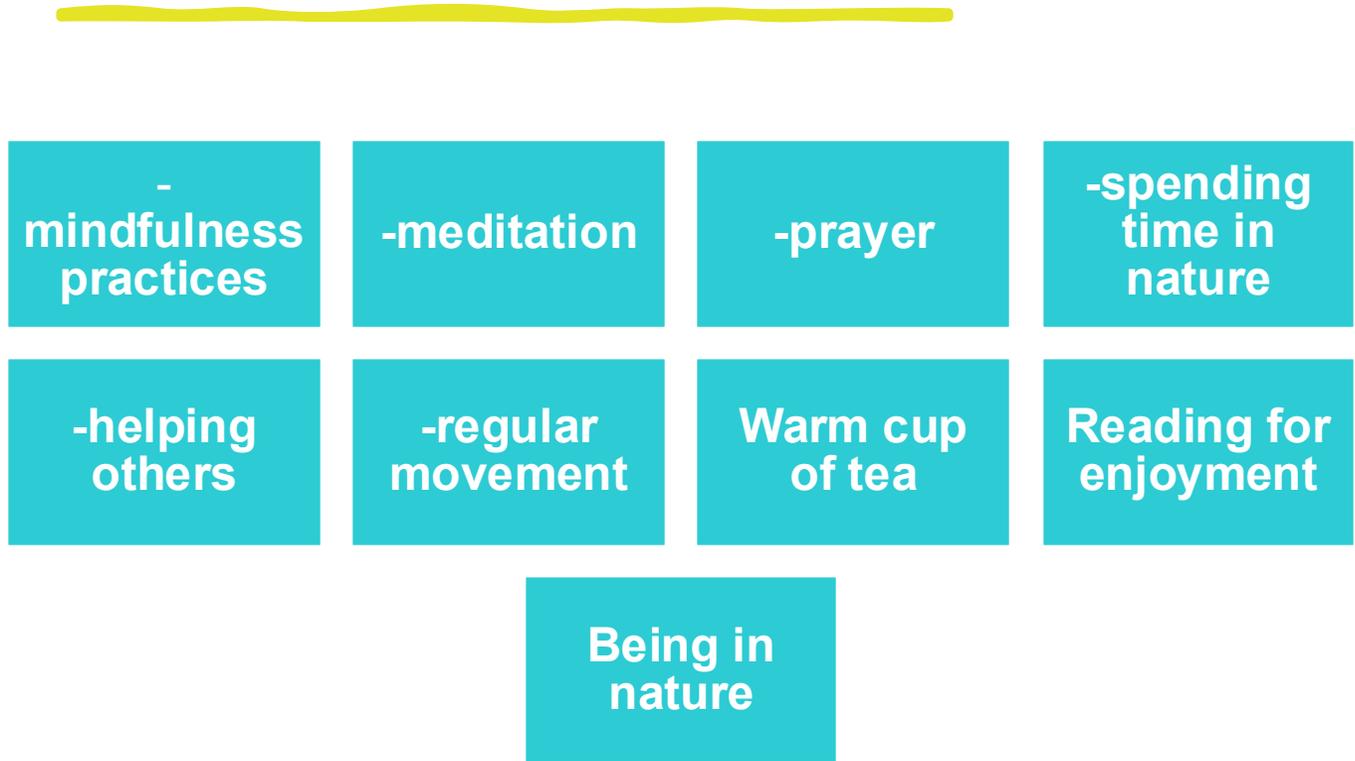




MANY WAYS TO MANAGE STRESS

MANAGING YOUR STRESS CAN HELP IMPROVE YOUR MENTAL HEALTH AND POTENTIALLY SLOW KIDNEY DISEASE PROGRESSION.

IT'S IMPORTANT TO FIND STRESS RELIEF METHODS THAT WORK FOR YOU.





AFFECTIONATE BREATHING EXERCISE

TAKE-AWAYS

- We are in this together and can support one another
- Each class will focus on an area of daily lifestyle practices that will support your health & wellbeing and will include step by step how-to's
- Please complete the values exercise & bring to next class, or jot down what is most important to you
- Please try the breathing exercise once per day for 2-5 minutes
- Think about your challenges with food & bring them to the next session
- "What are you taking away from today?"





THANK YOU

- For taking the time today to directly impact your health and wellbeing
- Our contact info: You can message us through MyChart messaging system or call scheduling at 612-863-3333 if you are going to miss a meeting
- See you next week!

LIVING WELL WITH CKD

WEEK 2: CHARACTER STRENGTHS & FOOD

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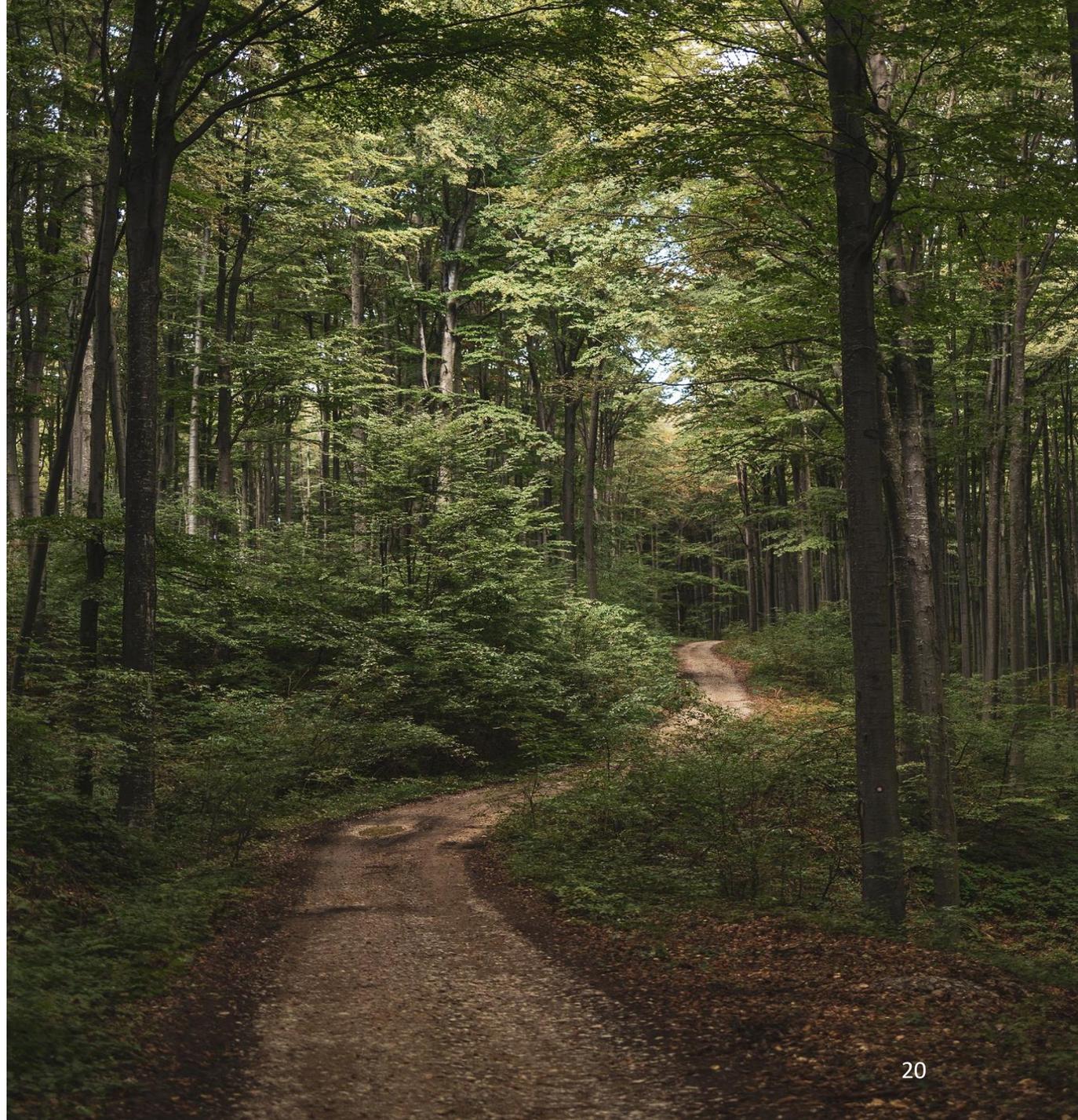
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WELCOME BACK!

-TODAY'S AGENDA

- **Group Agreements**
- **Check-in**
- **5 min break**
- **Identifying your strengths**
- **Experiential**
- **Next Steps**



GROUP AGREEMENTS

We will:

- Try to attend every session in the series.
- Be prompt, so meetings can start and end on time.
- Cameras on, if possible, be in a private space with minimal distractions
- Arrive with assumption that we are all doing our best
- Respect each others' experiences, perspectives and differences.
- Ask questions!
- Do our best to complete homework & practices outside of group.





Check-in

HOW DID THE WEEK GO?

WHAT ARE YOUR TOP VALUES OR WHAT IS MOST IMPORTANT TO YOU IN LIFE?

WHAT WAS YOUR EXPERIENCE WITH THE BREATHING EXERCISE?

WHAT'S BUBBLING UP FOR YOU TODAY?



DO YOU KNOW WHAT YOUR STRENGTHS ARE?



WHY IDENTIFY STRENGTHS? RESEARCH HAS SHOWN:

- The brain is wired to see flaws/problems/dangers-negativity bias
- High percentages of people do not know their strengths
- Using one's character strengths results in numerous kinds of positive outcomes
- Playing to your strengths will help you to better cope with CKD



IDENTIFYING YOUR STRENGTHS WILL:

- -provide a focus on “what’s strong” instead of what’s wrong
- -Provide a way to deal with obstacles & barriers
- -Lift up what is best in you & helps you apply that potential into all areas of your life
- Over 900 studies: increases in well-being, ability to handle adversity

Who are you at your best?

You are unique in the world and united in your strengths with all of humanity. Discover your Character Strengths Profile and begin living each day as the very best version of yourself.



GRATITUDE



TEAMWORK



HUMILITY



LOVE



PERSPECTIVE



Discover Your Strengths >

Take the [Free Strengths Survey](#) to begin living your best life. Research shows that applying your strengths can increase confidence, happiness, positive relationships and reduces stress and anxiety. Discover your strengths today!

[TAKE THE SURVEY NOW!](#)

Help Others Build Their Strengths >

The VIA Survey is trusted by researchers and professionals around the world to assess character strengths. Create your free [VIA Pro Dashboard](#) to distribute and manage the VIA Survey to your clients or students.

[LEARN MORE](#)

www.viacharacter.org

VIA CHARACTER STRENGTHS-

VALIDATED MEASUREMENT TOOL

TO ASSESS STRENGTHS

<https://www.viacharacter.org/character-strengths>

maureen dorian

1: Appreciation of Beauty & Excellence 🍷

Noticing and appreciating beauty, excellence, and/or skilled performance in various domains of life, from nature to art to mathematics to science to everyday experience.

2: Gratitude 🙏

Being aware of and thankful for the good things that happen; taking time to express thanks.

3: Spirituality 🌿

Having coherent beliefs about the higher purpose and meaning of the universe; knowing where one fits within the larger scheme; having beliefs about the meaning of life that shape conduct and provide comfort.

4: Perspective 🧠

Being able to provide wise counsel to others; having ways of looking at the world that make sense to oneself/others.

5: Creativity 🎨

Thinking of novel and productive ways to conceptualize and do things; includes artistic achievement but is not limited to it.

6: Social intelligence 🤝

Being aware of the motives/feelings of others and oneself; knowing what to do to fit into different social situations; knowing what makes other people tick.

7: Love 🤍

Valuing close relations with others, in particular those in which sharing & caring are reciprocated; being close to people.

8: Curiosity 📖

Taking an interest in ongoing experience for its own sake; finding subjects and topics fascinating; exploring and discovering.

9: Judgment 🧐

Thinking things through and examining them from all sides; not jumping to conclusions; being able to change one's mind in light of evidence; weighing all evidence fairly.

The Signature Strengths Survey

Instructions

Read the following descriptions of 24 character strengths. Everyone uses these strengths at times. What we would like you to do is to put a check in the box next to those strengths that are *absolutely essential* to you, that define *who you are as a person*, that are *part of who you are*. For example, someone who has devoted their life to helping others might choose Kindness as one of his essential strengths, someone who prides herself on being able to figure out other people might consider Social Intelligence key to who she is, and someone who is constantly seeking out new information might consider Love of Learning to be essential. Most people check just a few essential strengths.

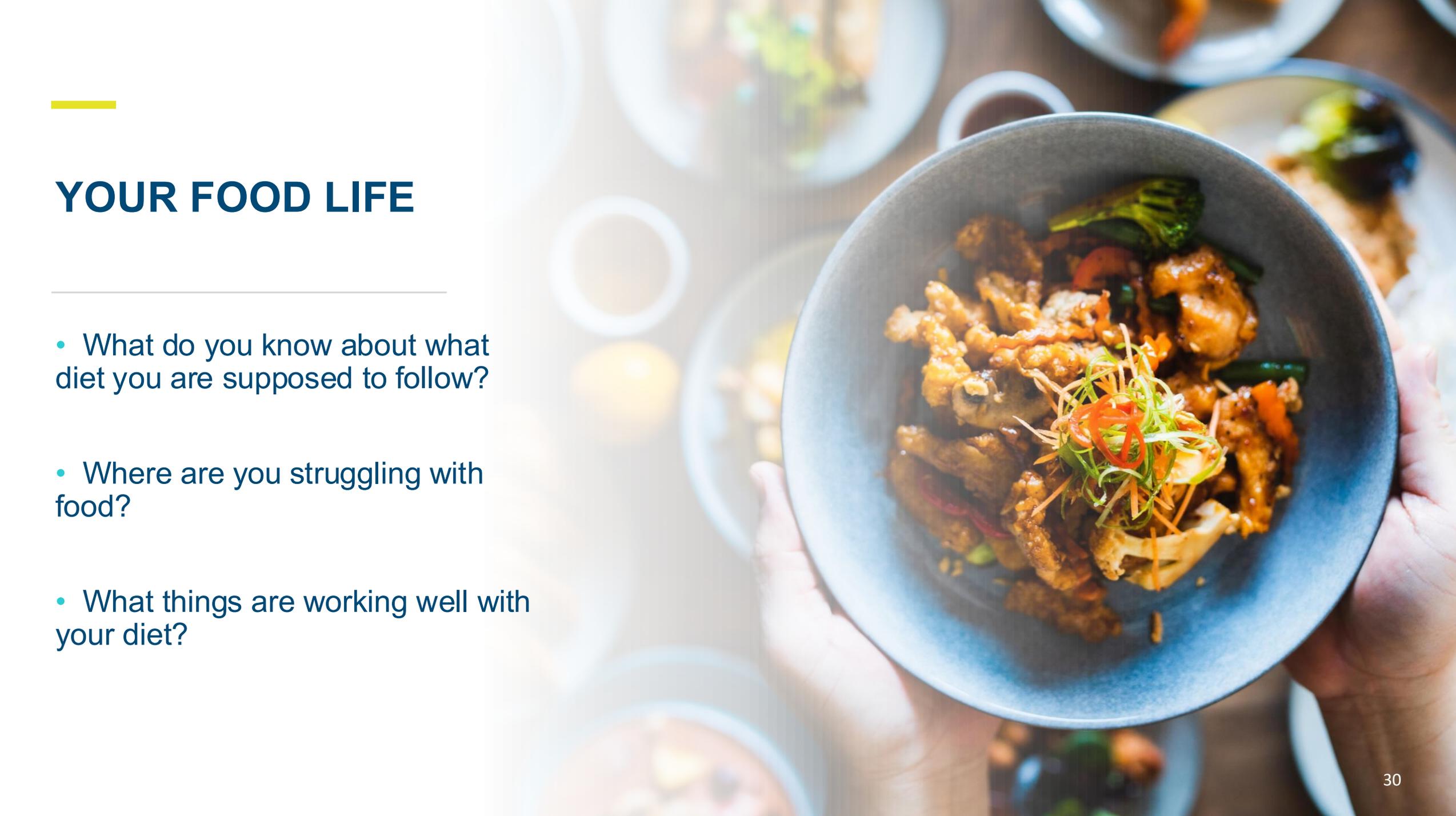
There are some people who believe none of these characteristics is more essential to who they are than any of the others. If so, don't check any of the strengths. In the last row, check *None of these characteristics is more essential to who I am than any of the others*.

Please describe *the person you are*, NOT the person you wish you could be. Also, think about your life *in general*, not how you behaved in 1-2 situations.

Essential Strength?	Character Strengths
	1. Creativity: You are viewed as a creative person; you see, do, and/or create things that are of use; you think of unique ways to solve problems and be productive.
	2. Curiosity: You are an explorer; you seek novelty; you are interested in new activities, ideas, and people; you are open to new experiences.
	3. Judgment/Critical Thinking: You are analytical; you examine things from all sides; you do not jump to conclusions, but instead attempt to weigh all the evidence when making decisions.
	4. Love of Learning: You often find ways to deepen your knowledge and experiences; you regularly look for new opportunities to learn; you are passionate about building knowledge.
	5. Perspective/Wisdom: You take the “big picture” view of things; others turn to you for wise advice; you help others make sense of the world; you learn from your mistakes.
	6. Bravery/Courage: You face your fears and overcome challenges and adversity; you stand up for what is right; you do not shrink in the face of pain or

A person wearing a blue and white striped shirt is sitting and reading a magazine. The magazine is open, and the person's hands are visible holding it. The background is a plain, light-colored wall. The overall scene is dimly lit, with a soft, muted color palette.

5 MINUTE BREAK

A high-angle, close-up photograph of a person's hands holding a light blue ceramic bowl filled with a colorful, saucy dish. The dish appears to be a stir-fry or a similar Asian-style meal, featuring pieces of meat, vegetables like broccoli and carrots, and a garnish of shredded green onions and red chili. The background is softly blurred, showing other plates of food on a table, suggesting a dining setting.

YOUR FOOD LIFE

- What do you know about what diet you are supposed to follow?
- Where are you struggling with food?
- What things are working well with your diet?

FOOD IS MORE THAN NUTRITION

- The way you feed yourself has a great impact on how you feel.
- Food is an essential part of your plan of managing chronic kidney disease.
- The foods you eat provide your body with nutrients.
- Food can also connect you with others, with the seasons and the earth, with your culture, your values, your spirituality, and with your own body's needs.





SO MANY BENEFITS!

- A kidney-friendly diet:
 - Supports optimal kidney function
 - Supports a healthy brain
 - Stabilizes blood glucose
 - Protects your bones
 - Promotes a healthy heart

FOOD INSECURITY

The USDA defines food insecurity as a household-level economic and social condition of limited or uncertain access to adequate food.



Possible effects of food insecurity:

- Avoid buying kidney-friendly food because it is too expensive.
- Choose canned foods, which are inexpensive but tend to be high in sodium, phosphorus and other additives.
- Lack access to fresh food and rely on ready-to-eat, processed foods, which often contain ingredients that harm kidneys.
- Skip meals because they run out of food or fear doing so.

RESEARCH SHOWS:

- Studies show that patients who often skip meals to save money or do not live near places to buy fresh food may find it more difficult to manage conditions such as diabetes or high blood pressure.
- In another study, researchers found that kidney disease may progress faster for people who struggle to afford healthy food.



FOOD RESOURCES

- American Kidney Fund
Community Resource Finder
<https://www.kidneyfund.org/community-resource-finder>
allows individuals to search for food pantries and programs, meal deliveries, food markets and more in their communities.



ADDITIONAL RESOURCES

- Individuals may qualify for a food program or financial assistance through these programs:
 - American Kidney Fund Financial Assistance Program—Need-based financial assistance to help patients with necessities related to their health care. <https://www.kidneyfund.org/get-assistance>
 - CSFP (Commodity Supplemental Food Program)—Monthly food packages for people aged 60 and older. <https://www.fns.usda.gov/csfp/commodity-supplemental-food-program>
 - Nutrition Programs for Seniors —Resources and assistance for older Americans age 60+. <https://www.fns.usda.gov/csfp/commodity-supplemental-food-program>
 - SNAP (Supplemental Nutrition Assistance Program) program—Food benefits to help low-income families supplement their grocery budget. Farmers' SNAP offers a list of farmers' markets near you that accept SNAP. <https://www.fns.usda.gov/snap/supplemental-nutrition-assistance-program>
 - Temporary Assistance for Needy Families (TANF)—Cash payments and services to low-income families with children. <https://www.acf.hhs.gov/ofa/programs/temporary-assistance-needy-families-tanf>

ADDITIONAL RESOURCES-CONTINUED

- Hunger Free America Find food assistance based on address.
<https://findfood.hungerfreeamerica.org>
- Feeding America Food Pantry Finder <https://www.feedingamerica.org/find-your-local-foodbank>
- USDA National Hunger Hotline
 - ◇ Call 1-866-3-HUNGRY (1-866-348-6479) or 1-877-8-HAMBRE (1-877-842-6273) between 7 a.m. and 10 p.m. ET. A representative will find food resources near your location.
 - ◇ Text 914-342-7744. Use keywords such as “food” and “meals” to receive an automated response to resources near you.



IS EATING HEALTHY FOOD ALWAYS MORE EXPENSIVE?

- No, eating healthy food is not always more expensive!
- Research generally indicates that a healthy diet tends to cost slightly more per day than a less healthy one:
 - Studies from Harvard School of Public Health suggest a difference of around \$1.50 per day on average
 - However, smart shopping strategies can help make healthy eating more affordable.

GROCERY SHOPPING



Start your free 30-day trial

Meet Walmart+ Assist

**Walmart+ membership
for half the price**

Qualify for government assistance of SNAP, WIC, Medicaid & more? You can save big on Walmart+. Join now for just \$6.47/month or \$49/year!*

Start your free 30-day trial

Walmart+ Assist

**Get all the
benefits for
50% off**



**Shop with
grocery delivery.**



ALDI Grocery Delivery

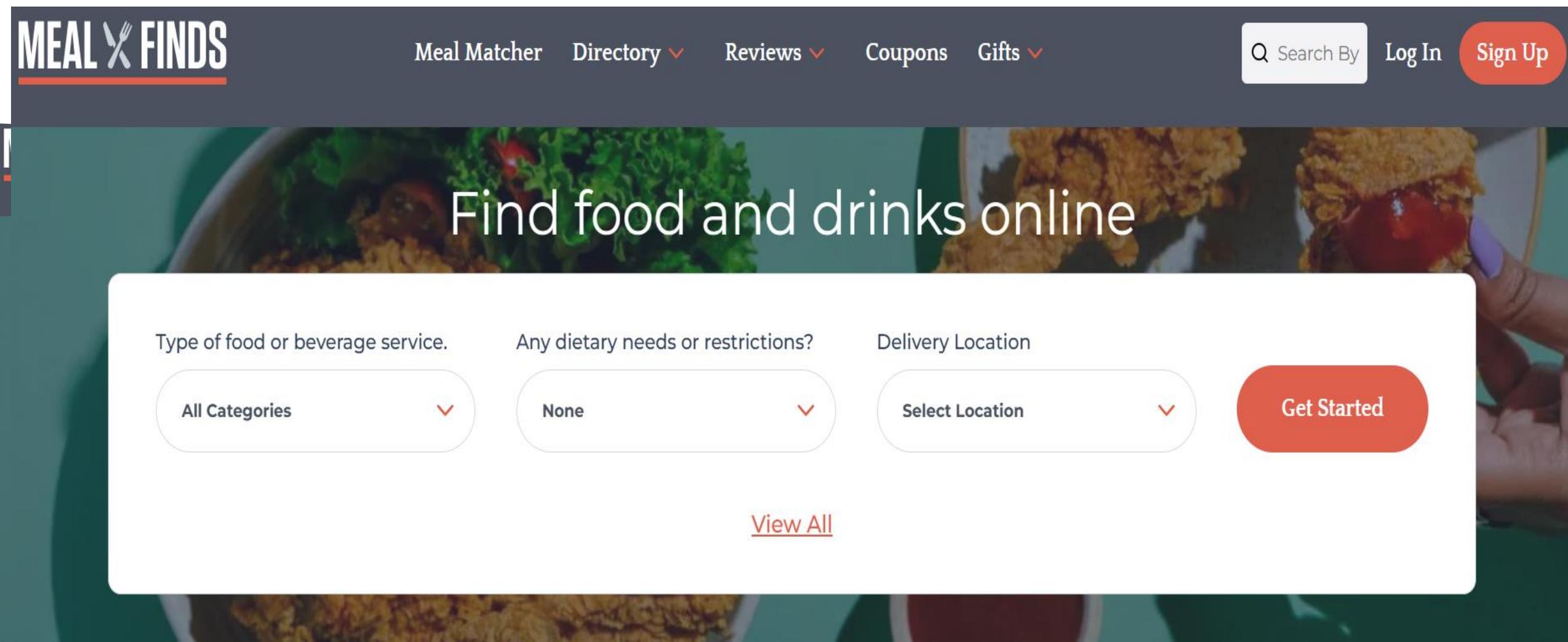
Grocery shopping online has never been easier thanks to same day grocery delivery! Save time and energy by ordering your favorite fresh groceries and ALDI items online when you visit [new.aldi.us](https://www.new.aldi.us). Your Personal Shopper will carefully select the items you've selected to fulfill your order and will notify you if an item is out of stock. You'll receive a text message with an estimated delivery time when your Personal Shopper is en route with your order. Try the ALDI grocery delivery service today and have the savings you love delivered right to your door!

HEALTHY EATING ON A BUDGET

- **Cook at home most often – eating out is always more expensive**
- **Planning is powerful!**
 - Plan your meals for the week based on your food budget and make a grocery list
- **Stretch your food dollars**
 - Add beans, onions/celery/carrot, and canned or frozen vegetables to bulk up your meals and help your food dollars go farther.
 - Consider store brands and compare sizes for the best money-saving option.
- **Grow your own**
 - Grow (or resprout) herbs like basil and oregano on a windowsill or a kitchen counter.
- **Buy in bulk**
 - Whole grains, dried fruits, canned or dried beans, and frozen vegetables.
- **Look for on-sale, in season, and farmer’s market produce**
 - Do the same with frozen and canned items.

MEAL DELIVERY OR MEAL KIT SERVICES

- Experiment www.mealfinds.com is a great resource to help identify what might work for you



MEAL FINDS

Meal Matcher

Directory ▾

Reviews ▾

Coupons

Gifts ▾

Q Search By

Log In

Sign Up

Find food and drinks online

Type of food or beverage service.

All Categories



Any dietary needs or restrictions?

None



Delivery Location

Select Location



Get Started

[View All](#)

FIVE FINGER EXERCISE

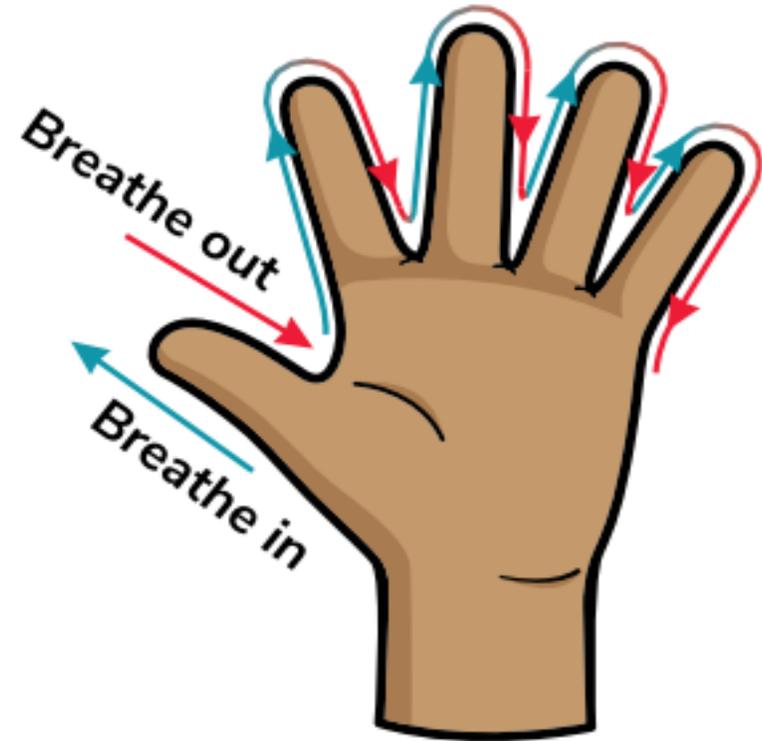
Finding Balance

Five-finger breathing is a quick and easy breathing exercise.

1. Hold one hand out. With your other hand, trace each finger up as you breathe in and trace each finger down as you breathe out—finishing with five deep breaths.
2. When you're done, use your other hand and repeat the exercise.

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Finding Balance With Five-Finger Breathing



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TAKE-AWAYS

- We are in this together and can support one another
- Please complete the strengths exercise & bring to next class
- Review the food resources to see what might work for you
- Please try the breathing exercise or the hand exercise once per day for 2-5 minutes
- "What are you taking away from today?"





THANK YOU

- For taking the time today to directly impact your health and wellbeing
- Our contact info: You can message us through MyChart messaging system or call scheduling at 612-863-3333 if you are going to miss a meeting
- See you next week!

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WEEK 3: NUTRITION

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-TODAY'S AGENDA

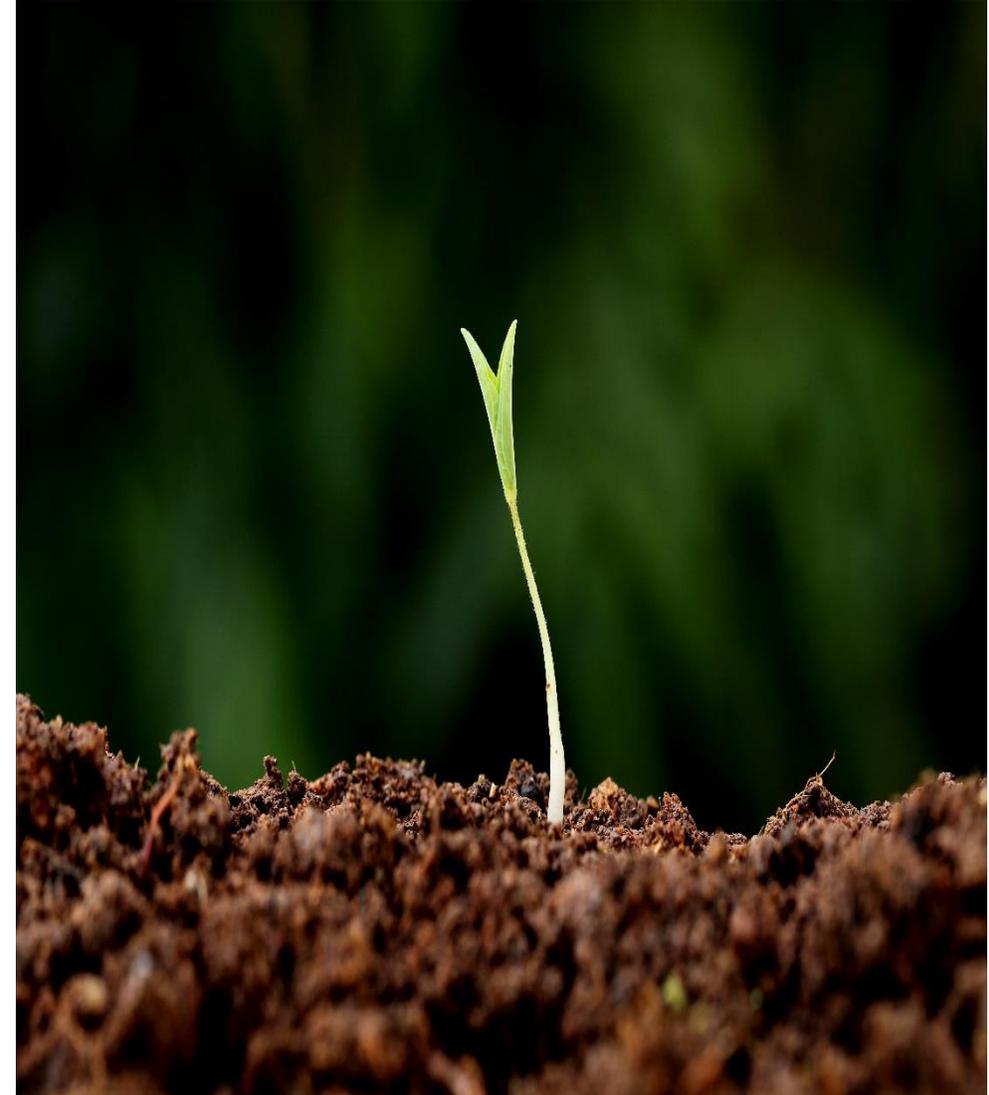
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- **Check-in**
- **5 min break**
- **Key nutrition tips**
- **Experiential**
- **Next Steps**



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- Ask questions!
- Do our best to complete tasks & practices outside of group.



CHECK-IN

- How did the week go?
- What are your top strengths & how do they show up in your life?
- How can you apply your strengths to your food choices?
- What was your experience with the mindful hand exercise?





AFFECTIONATE BREATHING EXERCISE

A close-up, slightly blurred photograph of a person sitting and reading a newspaper. The person is wearing a blue and white horizontally striped long-sleeved shirt. The newspaper is held open, and the person's hands are visible. The background is a plain, light-colored wall. The overall mood is calm and focused.

5 MINUTE BREAK

FOOD IS MORE THAN NUTRITION

- The way you feed yourself has a great impact on how you feel.
- Food is an essential part of your plan of managing chronic kidney disease.
- The foods you eat provide your body with nutrients.
- Food can also connect you with others, with the seasons and the earth, with your culture, your values, your spirituality, and with your own body's needs.



IDEALLY...

- Choose and prepare foods with less salt & sodium
- Maintain a balanced blood sugar
- Eat the amount of protein that is right for you
- Choose foods that are heart-healthy
- For some, fluid intake must be limited
- For some, potassium & phosphorus awareness is important

***Eat food, not too
much, mostly
plants.***

- Michael Pollan



WHOLE FOODS & PLANT FOODS AT MOST MEALS

- Whole foods are lightly processed or not processed and contain most of their nutrients and fiber.

- Plant foods are vegetables, fruits, nuts, seeds, beans, lentils, olives, root vegetables, whole grains, and herbs and spices.
- Highly processed foods often contain excess sodium, artificial colors, preservatives, white flours and added sugars. They often have less fiber and nutrients.
- When you eat too many processed foods, it can lead to more increased blood pressure and blood glucose swings. It may even lead to negative moods.
- When you eat more whole foods and plants you naturally reduce the amount of highly processed foods you eat.



FIBER

- Found only in plant-based foods, like whole grains, nuts, legumes, fruit and vegetables
- Fiber is a carbohydrate the body is unable to fully digest
- Helps to keep blood sugar more stable after meals



TIPS FOR INCREASING FRUITS & VEGETABLES

- Keep them front & center!
- Break out the Blender
- Have a dark leafy green salad every day
- Buy frozen or canned (look for canned varieties with no added salt or low sodium)
- Make a veggie soup!



TIPS FOR INCREASING FRUITS & VEGGIES

- Add another serving of vegetables into your meal
 - Add veggies to your sandwich-avocado, cucumber slices, sliced tomatoes, greens, onions
 - Add onions and leafy greens to pasta dishes
 - Add diced frozen veggies to sauces, hot dishes, meatloaf
 - Switch out pasta and rice for cauliflower rice, veggie noodles (zoodles, carrot noodles, etc.) or mix $\frac{1}{2}$ & $\frac{1}{2}$
- Do a snack make-over
 - Grapes, banana or apple with natural peanut butter
 - Raw veggies & dip (homemade or hummus)
 - Cold, Left-over roasted veggies
 - Veggie soup
- Try something new
- Don't blow the budget on food you won't eat



<p>RED FOODS</p>	<p>Apples Beets Cherries Cranberries Kidney beans</p>	<p>Pomegranate Radishes Red bell peppers Red leaf lettuce Red onion</p>	<p>Red rice and quinoa Rhubarb Strawberries Tomato Watermelon</p>
<p>ORANGE FOODS</p>	<p>Apricot Bell peppers Cantaloupe Carrots Clementines</p>	<p>Hot peppers Mango Nectarine/Peach Orange Pumpkin</p>	<p>Sweet potato Turmeric Winter squash (acorn, butternut)</p>
<p>YELLOW/ WHITE FOODS</p>	<p>Banana Bell Peppers Bok choy Canellini beans Cauliflower Coconut Corn Garlic Ginger</p>	<p>Golden raisins Jicama Lemon Mushroom Onion (yellow, white) Pineapple Pinto beans Popcorn</p>	<p>Rice (brown) Shallots Spaghetti squash Starfruit Tortilla (corn, whole grain) Yellow squash Yellow tomato</p>
<p>GREEN FOODS</p>	<p>Asparagus Avocado Broccoli Brussels sprouts Cabbage Celery Collard, mustard, turnip greens Cucumber Edemame</p>	<p>Grapes (green) Green beans Green pepper Green tea Herbs (basil, cilantro, mint, oregano, parsley) Honeydew melon Jalepeno pepper Kale</p>	<p>Leeks Lettuce, leafy greens Lime Okra Olives Pears Scallions Spinach Tomatillo Zucchini</p>
<p>BLUE/PURPLE/ BLACK FOODS</p>	<p>Blackberries Black sesame seeds Black olives Black beans Blueberries</p>	<p>Cabbage (purple) Carrots (purple) Dates Eggplant Figs</p>	<p>Kale (purple) Plums Potatoes (purple) Raisins Rice (black or purple)</p>

Tracking Colors and Variety



WEEK 1	SUN	MON	TUE	WED	THU	FRI	SAT
Choose foods from each color group every day	<input type="checkbox"/>						
	<input type="checkbox"/>						
	<input type="checkbox"/>						
	<input type="checkbox"/>						
	<input type="checkbox"/>						

MEAL PREP TIPS

- Cook once, eat twice
- Rely on a base of favorite go-to, fail safe recipes that can be repeated weekly or monthly
- If trying new recipes, limit to 3/week so it is not overwhelming
- Enlist support!



Nutrients

● Phosphorus ▶

● Potassium ▶

● Protein ▶

● Sodium ▼

Low sodium (432)

Medium sodium (314)

High sodium (7)



Crustless Pumpkin Pie

● Low Phosphorus

● Low Potassium

● Low Protein

● Low Sodium



Smashed Avocado and Chickpea Sandwich

● Low Phosphorus

● Medium Potassium

● Low Protein

● High Sodium



Turkey Fajitas

● Medium Phosphorus

● Low Potassium

● Medium Protein

● High Sodium

Kidney Health

Treatment & Support

Transplantation

For Professionals

Get Involved

About NK

Language

- English (153)
- Español (30)

Appropriate for

- Diet and meal planning (163)
- CKD diet (162)
- Dialysis diet (60)
- Kidney transplantation (48)
- Diabetes (48)

Show more



Caribbean: Sorrel (Hibiscus) Tea

5 minutes



Mediterranean Quinoa Salad

15 minutes



Creamy Lemon Popsicles

15 minutes



RECIPE RESOURCES



www.davita.com



Download Our Free Kidney-Friendly Cookbooks and Diet Guide



[Back to Basics](#)



davita.com/diet-nutrition/.../back-to-basics



[Diabetes- and Kidney-Friendly Eating, Vol. 2](#)



Sample Grocery Shopping List

Grocery shopping can feel overwhelming when you need to eat certain foods for kidney disease. If you do not know where to begin, this shopping list is a good starting point.

Here's how to use this list:

1. Go through the list, and cross out items you do not like.
2. Take this list with you to the grocery store, and shop for the items you did not cross out.

You can create many kidney-friendly recipes with the ingredients on this list.

(Make sure to read the ingredients—and avoid items with added **phosphorus**)

Frozen

Meat:

- Chicken breast (skinless, boneless)
- Chicken thighs (skinless, boneless)
- Fish filets (salmon, salmon burgers, tuna, other fish – not fish sticks/patties)
- Ground turkey or chicken (in ¼ pound packages – for quick easy thawing)
- Lean ground beef (90-10% or 93-7% lean ground beef in ¼ pound packages)
- Veggie burgers (without added phosphorus)

Vegetables

(no salt or seasoning added):

- Broccoli
- Cauliflower
- Green beans
- Brussels sprouts
- Carrots
- Corn
- Peas
- Mixed vegetables

Fruit (not packed in syrup):

- Strawberries
- Raspberries
- Blackberries
- Blueberries
- Pineapple
- Peaches
- Cherries



CAUTION ABOUT SUPPLEMENTS

- Supplements do NOT have the same effect as food!
- Talk with your doctor before taking any supplements-many can do more harm to your kidneys



TAKE-AWAYS

- We are in this together and can support one another
- Eating more plant foods is important!
- Explore the recipes at <https://kitchen.kidneyfund.org/find-recipes/> to see what might work for you
- Please try the breathing exercise or the hand exercise once per day for 2-5 minutes
- "What are you taking away from today?"





THANK YOU

- For taking the time today to directly impact your health and wellbeing
- Our contact info: You can message us through MyChart messaging system or call scheduling at 612-863-3333 if you are going to miss a meeting
- See you next week!

LIVING WELL WITH CKD

A GROUP-BASED LIFESTYLE PROGRAM FOR
CHRONIC KIDNEY DISEASE

WEEK 4: SODIUM AND SLEEP

MAUREEN DORAN, MA, RDN, LD, NBC-HWC

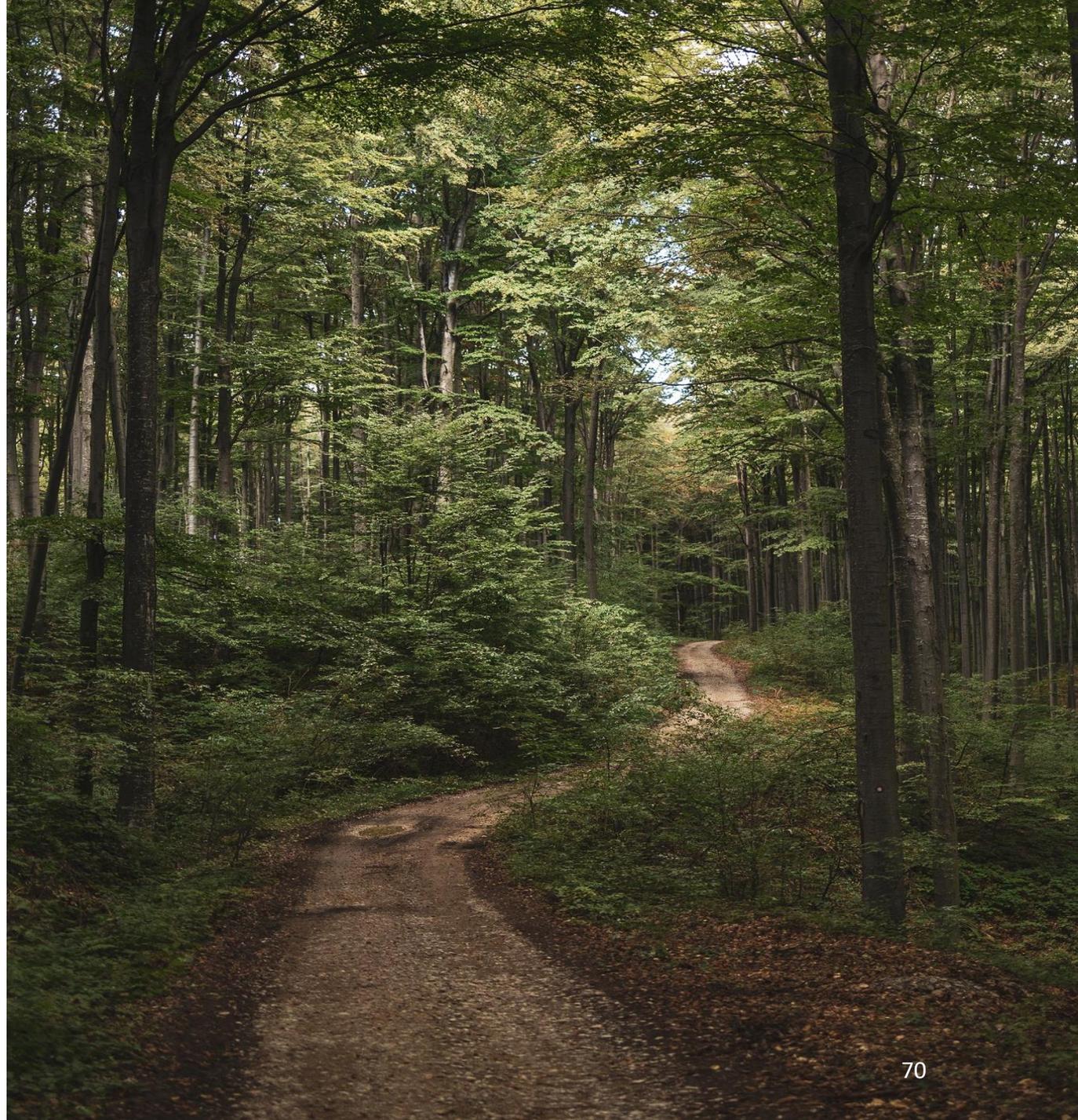
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WELCOME BACK!

-TODAY'S AGENDA

- **Group Agreements**
- **Check-in**
- **5 min break**
- **Key Sodium tips**
- **Key Sleep tips**
- **Experiential**
- **Next Steps**



CHECK-IN

How did the week go?

Any more thoughts or questions about food?

What was your experience with the breathing exercise?

How is your sleep?



A close-up, slightly blurred photograph of a person sitting and reading a magazine. The person is wearing a blue and white horizontally striped hoodie. The magazine is held open, and the person's hands are visible. The background is a plain, light-colored wall. The overall mood is relaxed and focused.

5 MINUTE BREAK

SODIUM -LIMIT TO 2000 MG PER DAY

What Is Sodium?

- Sodium is a part of salt. Sodium is found in many canned, packaged, and “fast” foods. It is also found in many condiments, seasonings, and meats.
- **Why Is Sodium Important for People with CKD?**
- Eating less sodium helps lower blood pressure and may slow down CKD. Talk with your provider about the right blood pressure goal for you.
- One of the kidneys’ important jobs is to filter sodium out of the body and into the urine. Damaged kidneys cannot filter as well as healthy kidneys can. This can cause sodium to stay in your body and make your blood pressure go up.



How Do I Lower the Sodium in My Diet?



- Buy fresh foods more often.
- Cook foods from scratch, instead of eating prepared foods, “fast” foods, frozen dinners, and canned foods that are higher in sodium.
- Use spices, herbs, and sodium-free seasonings in place of salt. Check with your health care provider about using salt substitutes.
- Rinse canned vegetables, beans, meats, and fish with water to remove extra sodium.

CHOOSE MORE OFTEN

Foods *Lower* in Sodium

- Fresh or frozen fruits and vegetables
- Rice, noodles
- Cooked cereal without added salt
- Fresh meat, poultry, seafood
- Low-fat, low-sodium cheese
- Unsalted nuts
- Low- and reduced-sodium frozen dinners, peanut butter, salad dressings
- Air-popped popcorn

Always read the Nutrition Facts label to compare foods. Choose foods with the lowest Percent Daily Value (%DV) for sodium. The %DV lets you see if a food is high or low in sodium. 5% or less is low and 20% or more is high.

- Check the label on fresh meats and poultry. Sodium additives can be used to make meat last longer.



- Look for foods labeled: sodium free, salt free, very low sodium, low sodium, reduced or less sodium, light in sodium, no salt added, unsalted, and lightly salted.

Nutrition Facts	
Serving Size: 1 cup (228g) Servings Per Container: 2	
Amount Per Serving	
Calories: 260 Calories from Fat: 120	
% Daily Value*	
Total Fat 13g	20 %
Saturated Fat 5g	25 %
Trans Fat 2g	
Cholesterol 30mg	10 %
Sodium 660mg	28 %
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0 %
Sugars 5g	
Protein 5g	
Vitamin A 4%	• Vitamin C 2%
Calcium 15%	• Iron 4%
* Percent Daily Values are based on a 2,000 calorie diet.	

There may be more than one serving in the package, so be sure to check serving size.

This number tells you the % DV for sodium in one serving.

A SAMPLING OF SODIUM IN SALTS

SALT PRODUCT	SERVING SIZE	SODIUM CONTENT, MG
Morton's Iodized salt	¼ teaspoon	590
Sea Salt	¼ teaspoon	500
Morton's Kosher Salt	¼ teaspoon	480
Himalayan Pink Salt	¼ teaspoon	420
Lawry's Seasoned Salt	¼ teaspoon	380
Lemon Pepper Seasoning	1/4 teaspoon	190
Old Bay Seasoning	¼ teaspoon	160

7 LOW SODIUM SPICE BLENDS

Equipment

- 1 [food processor](#)
- [Spice jars](#)

Ingredients

Fajita Seasoning

- 2 tbsp [salt-free chili powder](#)
- 1 tbsp cornstarch
- 2 tsp smoked paprika
- 2 tsp garlic powder
- 2 tsp cumin
- 2 tsp onion powder
- 1 tsp dry oregano
- 1 tsp black pepper
- 1 tsp cayenne pepper

Italian Seasoning

- 3 tbsp dry oregano
- 2 tbsp dry thyme
- 1 tbsp marjoram
- 1 tbsp dry basil
- 1 tbsp dry sage
- 1 tsp garlic powder

Cajun Seasoning

- 1 tbsp [salt-free chili powder](#)
- 1 tbsp black pepper
- 1 tbsp garlic powder
- 1 tbsp onion powder
- 1 tbsp smoked paprika
- 1 tbsp dry thyme
- 1 ½ tsp dry oregano
- 1 tsp cayenne pepper

Ranch Seasoning

- 2 tbsp dry parsley flakes
- 2 tbsp garlic powder
- 2 tsp dry dill weed
- 2 tsp onion powder
- 2 tsp dry chives
- 1 tsp onion flakes
- 1 tsp dry oregano
- 1 tsp black pepper

Curry Seasoning

- 3 tbsp coriander
- 2 tbsp cumin
- 2 tbsp tumeric
- 1 tsp dry ground ginger
- 1 tsp dry mustard powder
- 1 tsp black pepper
- 1 tsp cinnamon
- 1 tsp cayenne pepper
- ½ tsp red chili flakes

Taco Seasoning

- 5 tbsp [salt-free chili powder](#)
- 3 tbsp cumin
- 2 tsp smoked paprika
- 2 tsp garlic powder
- 2 tsp black pepper
- 1 tsp onion powder
- 1 tsp cayenne pepper

Pumpkin Pie Spice

- ¼ cup cinnamon
- 1 tbsp dry ground ginger
- 1 tsp cloves
- 1 tsp nutmeg

Instructions

- For the ranch seasoning, blend all ingredients in a food processor until the chives and onion flakes are ground into a powder.
- For all other seasoning blends, add the spices to a bowl and stir until well combined! www.theoregondietitian.com



LOWER SODIUM CHEESES

- Low Salt Cottage Cheese
- Ricotta Cheese
- Cream cheese
- Parmesan Cheese (because little is needed)
- Fresh Mozzarella
- Swiss
- Monterey Jack

LUNCH AND DINNER IDEAS

- Salad with protein, olives, avocado, vinaigrette dressing, colorful vegetables
- Salmon, quinoa & roasted Brussels sprouts
- Ground turkey, marinara sauce, zucchini noodles with olive oil
- Chicken tacos with guacamole & black beans
- Pork loin, baked sweet potato with cinnamon, sautéed greens with garlic & olive oil
- Vegetarian chili with avocado
- Green salad with diced grilled chicken, beans, broccoli & herbed olive oil vinaigrette
- Tofu & veggie stir fry with brown rice & cashews
- Grass fed steak with mushrooms and onions, baked potato with grass fed butter, gingered carrots



LOWER SODIUM FROZEN DINNERS-LESS THAN 600 MG SODIUM

Amy's Kitchen (\$3.00-\$7.00 per serving)

Mexican Casserole
Bowl, Light in
Sodium
(370 mg sodium)

Organic Roasted
Vegetable Pizza
(540 mg sodium)

Tofu Scramble
Breakfast Wrap
(420 mg sodium)

Healthy Choice (\$3-\$5 per serving)

Simply Steamers,
Grilled Chicken
Marsala
(460 mg sodium)

Power Bowls,
Cauliflower Curry
(400 mg sodium)

Café Steamers,
Honey Glazed
Turkey & Potatoes
(400 mg sodium)

Lean Cuisine (\$2-\$6 per serving)

Apple Cranberry
Chicken
(510 mg sodium)

Butternut Squash
Ravioli
(570 mg sodium)

Garlic Sesame
Asian-Style
Noodles with Beef
(510 mg sodium)

Saffron Road (\$6-\$7 per serving)

Lemongrass Basil
Chicken
(540 mg sodium)

Butter Chicken
(520 mg sodium)

Tattooed Chef (\$5-\$6 per serving)

Buddha Bowl
(310 mg sodium)

Chick-Pea pasta
with Plant-based
Ragu
(450 mg sodium)

Veggie Hemp Bowl
(260 mg sodium)

Sweet Earth (\$5-\$6 per serving)

Cauliflower Mac
(460 mg Sodium)

Curry Tiger
(360 mg sodium)

Veggie Lover's
Vegan Pizza
(330 mg sodium)

**PROGRESS, NOT
PERFECTION!**

**SMALL CHANGES
OVER TIME ARE
MOST SUCCESSFUL**



GETTING A GOOD NIGHT'S SLEEP



A person with dark curly hair is lying in bed, wearing a light blue t-shirt. They have their hands pressed against their eyes, suggesting they are unable to sleep or are stressed. The bed has a grey and white checkered blanket and a matching pillow. A bedside table with a lamp is visible on the left.

POOR SLEEP CAN LEAD TO:

- Poor decision making
- Lower hand-eye coordination
- Irritability
- Concentration decreases
- More difficulties with memory
- Increased illness (both mental and physical)
- Can cause imbalance of your blood sugars



Enough rest

HEALTHFUL SLEEP TIPS

- Stick to a sleep schedule of the same bedtime & wake up time.
- Practice a relaxing bedtime ritual.
- If you have trouble sleeping, avoid naps, especially in the afternoon.
- Exercise daily.
- Evaluate your room
- Avoid caffeine after 3 PM.
- If you have a c-pap, use it!

Source: National Sleep Foundation

www.sleepfoundation.org

www.sleep.org

HEALTHFUL SLEEP TIPS



Enough rest

- Sleep on comfortable mattress & pillows.
- Use light to help manage your circadian rhythms.
- Avoid alcohol, cigarettes, and heavy meals at night.
- Wind down.
- If you cannot sleep, go to another room and do something relaxing until you feel tired.

Source: National Sleep Foundation

www.sleepfoundation.org

www.sleep.org

LIGHT & DARK

- The light/dark cycle of the sun keeps our bodies' clock synchronized
- Blue light mimics daylight to your eyes & brain-Turn off screens 1-2 hours before bed.
 - Open your windows, go outdoors, or sit where sun shines in the morning
 - Use SAD lamp in the AM
 - Sleep in a dark room



SLEEP APPS

- Sleep
- Calm
- Simple Habit
- Pillow
- Insight Timer



ALCOHOL

Alcohol increases GABA – a relaxing chemical, but can disrupt the sleep cycle, dehydrate you, and lower sleep quality and deep sleep.

Will a Small Amount of Alcohol Affect My Sleep?



Low amounts of alcohol decreased sleep quality by **9.3%**

Less than 2 drinks for men and less than 1 drink for women



Moderate amounts of alcohol decreased sleep quality by **24%**

Approximately 2 drinks for men and 1 drink for women



High amounts of alcohol decreased sleep quality by **39.2%**

More than 2 drinks for men and more than 1 drink for women

COMPASSIONATE BODY SCAN EXERCISE



TAKE-AWAYS

- We are in this together and can support one another
- Eating more plant foods is important!
- Sodium matters! Try to limit to 2000 mg/day
- Better sleep may come if you develop a “tucking in routine”
- Please try the breathing exercise or the hand exercise or the compassionate body scan once per day “What are you taking away from today?”





THANK YOU

- For taking the time today to directly impact your health and wellbeing
- Our contact info: You can message us through MyChart messaging system or call scheduling at 612-863-3333 if you are going to miss a meeting
- See you next week!

LIVING WELL WITH CKD

A GROUP-BASED LIFESTYLE PROGRAM FOR
CHRONIC KIDNEY DISEASE

WEEK 5: PROTEIN AND MOVEMENT

MAUREEN DORAN, MA, RDN, LD, NBC-HWC

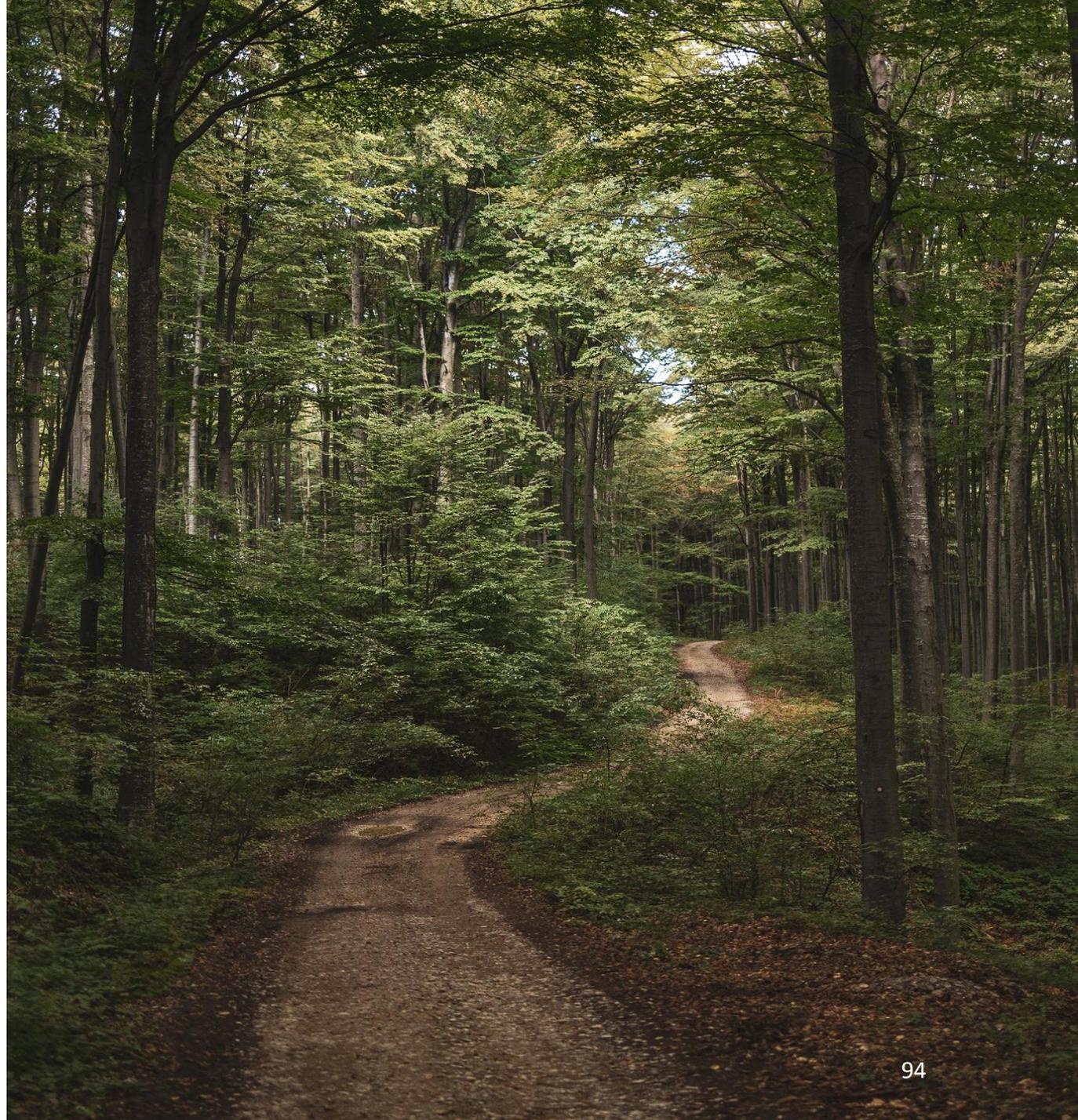
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WELCOME BACK!

-TODAY'S AGENDA

- **Welcome back!**
- **Check-in**
- **5 min break**
- **Protein tips**
- **Movement Tips**
- **Experiential**
- **Next Steps**



CHECK-IN

How did the week go?

Any more thoughts or questions about sodium or meals?

What was your experience with the breathing exercise?

How is your stress level?



THE IMPORTANCE OF PROTEIN

Your body needs protein to build muscle, heal and stay healthy.

In kidney disease stages 3, 4 and 5 (not on dialysis), eating a high protein diet, Atkins or Keto diets will make your kidneys work harder to filter more protein waste, which could wear them out faster.

Most adult Americans eat too much protein. A moderate amount of protein is recommended (0.8 g/kg).

Get your protein from lean sources:

- Quinoa
- Beans
- Soy products (tofu, edamame, tempeh, soy milk, etc.)
- Eggs
- chicken
- Fish
- Turkey
- Dairy (especially fermented)
- Nuts & Seeds
- Beef or Pork occasionally



Lean protein serving size suggestions:

- ½ cup beans (7 grams of protein)
- 1 large egg (6 grams of protein)
- 3 ounces chicken, which is about the size of your palm (27 grams of protein)
- 3 ounces fish, which is about the size of your palm (20 grams of protein)

Tips to moderate protein:

- Consider animal protein at EITHER lunch or dinner & have plant protein (lentils, beans, soy, quinoa) at the other meal
- Consider using a smaller plate so that your protein serving fills more of the plate
- Remember, at least ¾ of the plate can be fruits, vegetables & whole grains!

A close-up, shallow depth-of-field photograph of a person sitting and reading a newspaper. The person is wearing a blue and white horizontally striped long-sleeved shirt and blue jeans. The newspaper is held open, and the person's hands are visible. The background is a plain, light-colored wall. The text "5 MINUTE BREAK" is overlaid in the center of the image in a bold, white, sans-serif font.

5 MINUTE BREAK

BREAKFAST IDEAS

- Egg bake with mushrooms, spinach, onion & tomatoes
- Smoothie with chia seeds, berries, greens & plain yogurt
- Steel-cut Oatmeal, cinnamon, flax seed, berries & walnuts
- Scrambled eggs with tomato, peppers, onion, spinach, & roasted cinnamon sweet potatoes
- Refrigerator oatmeal with ground flaxseeds, plain kefir, frozen cherries & slivered almonds
- Whole wheat toast with peanut butter or mashed avocado, fresh fruit



LUNCH AND DINNER IDEAS

- Salad with protein, avocado, home made vinaigrette dressing, colorful vegetables
- Salmon, quinoa & roasted Brussels sprouts
- Ground turkey, lower sodium marinara sauce, zucchini noodles with olive oil
- Chicken tacos with home made seasoning, guacamole & black beans
- Pork loin, baked sweet potato with cinnamon, sautéed greens with garlic & olive oil
- Vegetarian chili with avocado
- Chipotle-style diced grilled chicken, brown rice beans, broccoli & homemade olive oil vinaigrette
- Homemade Split pea soup, whole grain crackers, swiss cheese, berries
- Grass fed steak with mushrooms and onions, baked potato with grass fed butter, gingered carrots



HOW DOES PHYSICAL ACTIVITY BENEFIT PEOPLE WITH CKD?

It can:

- Improve your physical well-being and your overall health
- Help you manage the progression of your kidney disease and other health complications

It also:

- Improves heart health including high blood pressure
- Helps manage blood sugar levels
- Enhances mental health, reducing stress, anxiety and depression
- Maintains muscle mass and bone density
- Supports better sleep



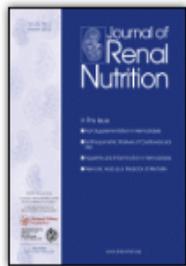
NOTE: the type and intensity of exercise recommended can vary based on the stage of your disease, physical condition and overall health. Talk to your doctor before starting a new exercise program

PHYSICAL ACTIVITY

General recommendations:

Movement for 150 minutes or more per week.

Daily Walking Dose and Health-related Quality of Life in Patients With Chronic Kidney Disease



Jiachuan Xiong¹, Hongmei Peng¹, Zhikai Yu¹, Yan Chen¹, Shi Pu¹, Yang Li¹,
Xia Huang¹, Xiangchun Tang¹, Jing He², Yu Shi³, Jinghong Zhao⁴

Affiliations + expand

These findings suggest that daily walking steps between 7,000 and 12,000 are associated with high health-related quality of life in adults with CKD.

NOTE: the type and intensity of exercise recommended can vary based on the stage of your disease, physical condition and overall health. Talk to your doctor before starting a new exercise program

5 STRATEGIES TO BRING PHYSICAL ACTIVITY INTO YOUR LIFE

- Understand your limits-consult your healthcare provider for safe exercise recommendations
- Set realistic goals-start low and slow
- Incorporate variety-mix different types of exercises to keep your routine engaging
- Schedule regular activity-plan it into your daily routine, even 5-minute sessions can make a difference over time!
- Pay attention to your body's signals and adjust activities as needed



ROADBLOCKS

All/nothing thinking

Perfectionism

Comparison / “I’m not ___ enough”

Self doubt / “I can’t”

“I don’t have time/energy”

YOGA EXPERIENCE

- Reconnect the body and breath to the present moment.
- Listen to what your body needs.
- Feel versus think your way into the postures.
- Notice any sensations that arise.
- Notice the inhale and exhale of each breath.



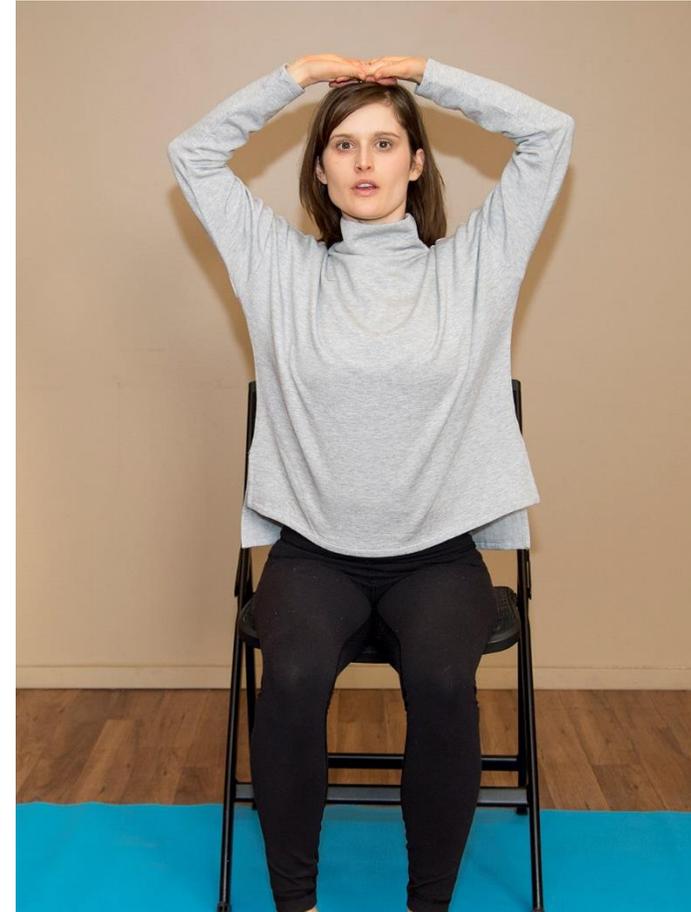
MOUNTAIN POSE



Feet firmly planted | Elongate spine | Draw in core | Relax Shoulders | Soft face



UPWARDS STRETCH



Interlace fingers above head | Inhale | Exhale



UPWARD STRETCH



Inhale | Reach towards the sky | Shoulder blades drawn back and down | Exhale |
Repeat



LATERAL STRETCH



Exhale and lean to the right| Inhale | Come back to center



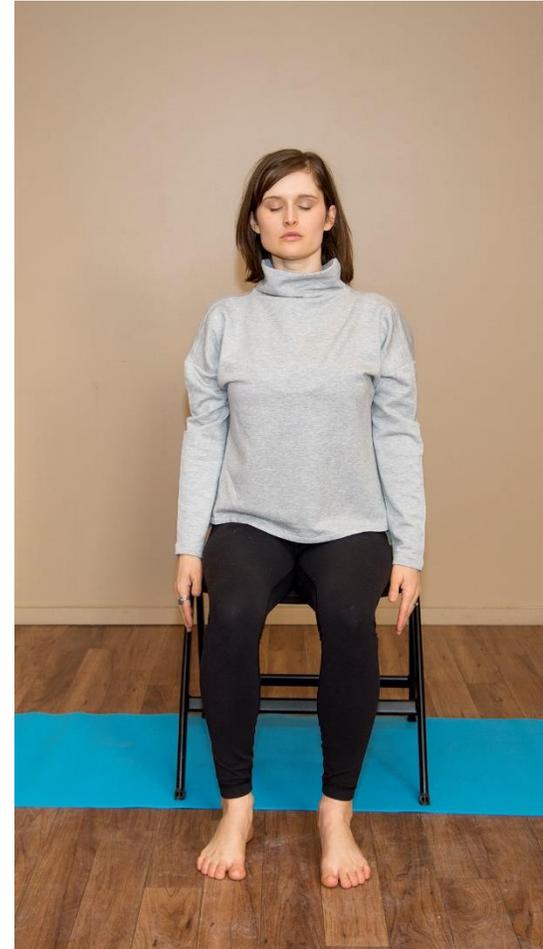
LATERAL STRETCH



Exhale lean to your left | Inhale come back to center| Repeat on both sides



MOUNTAIN POSE



Inhale | Exhale | Keep spine erect | Check in with your body | Observe any sensations



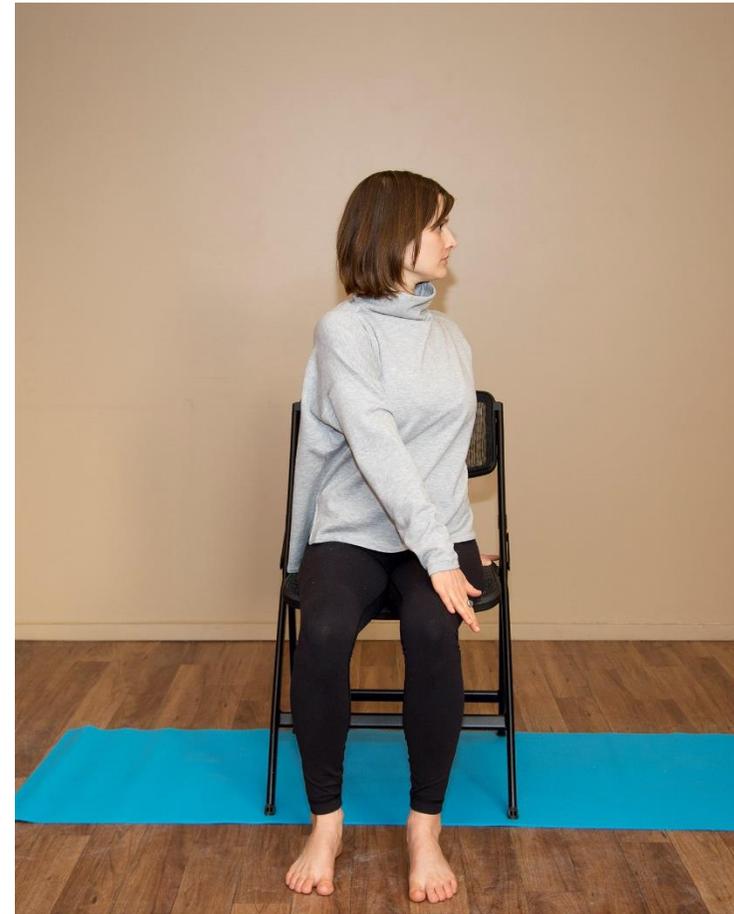
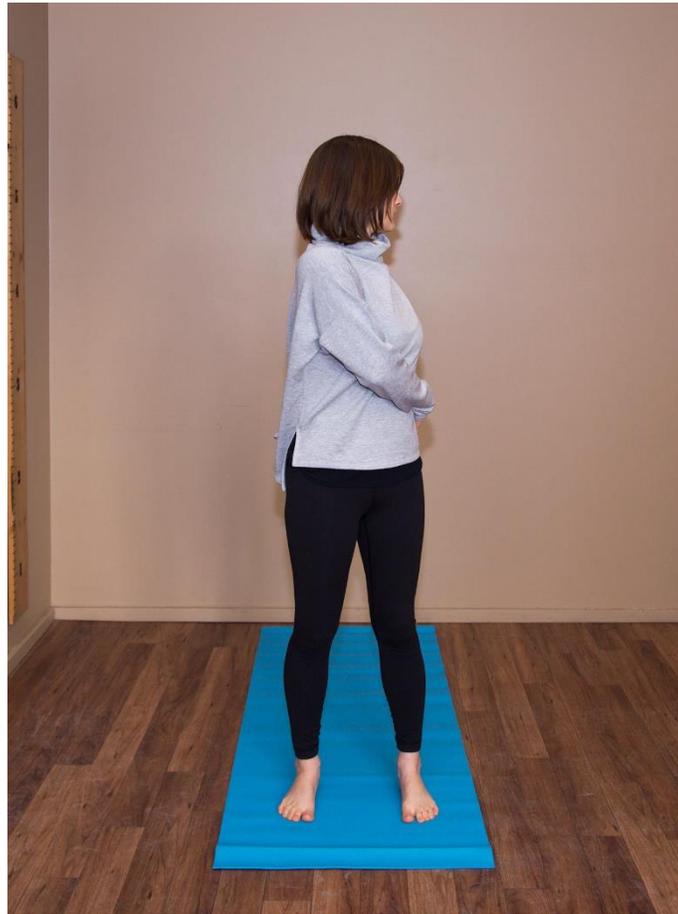
TWIST



Inhale| Bring your arms out to a T



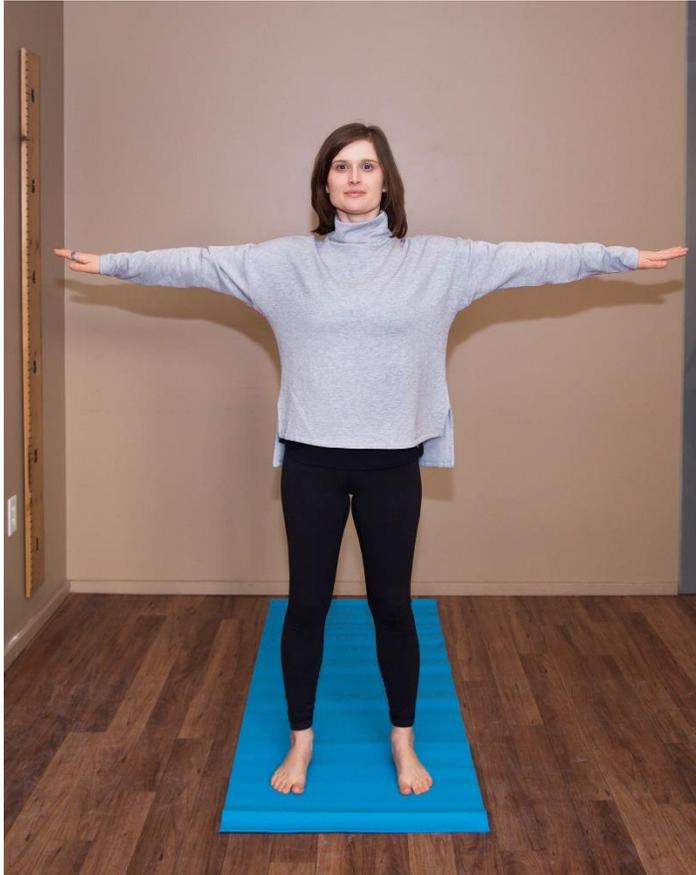
TWIST



Exhale | twist to right | Hold for 2 full breaths



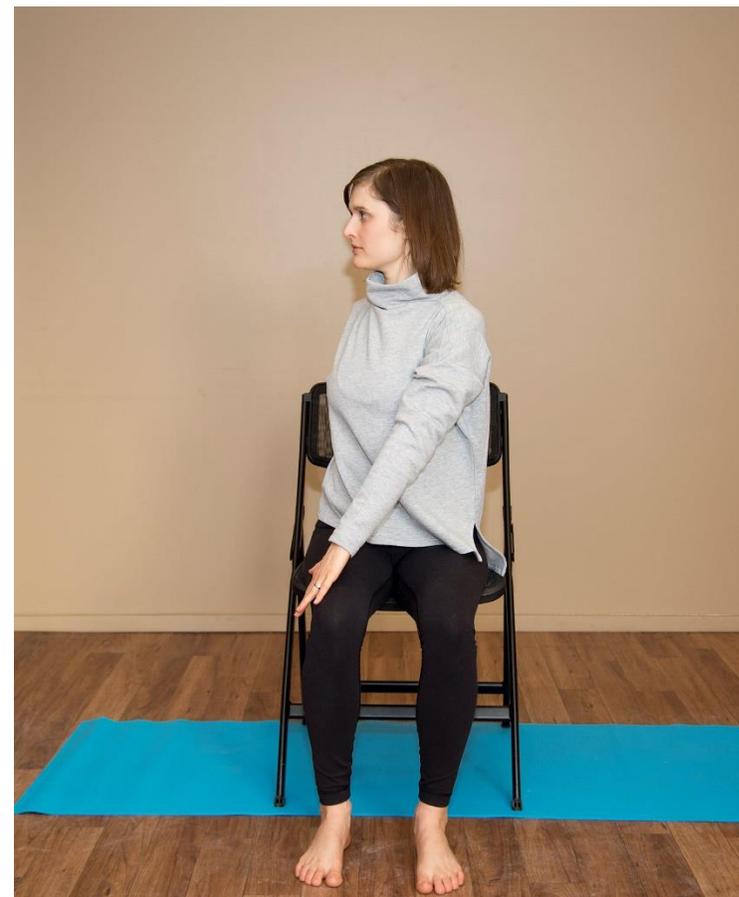
TWIST



Inhale| Bring your arms out to a T



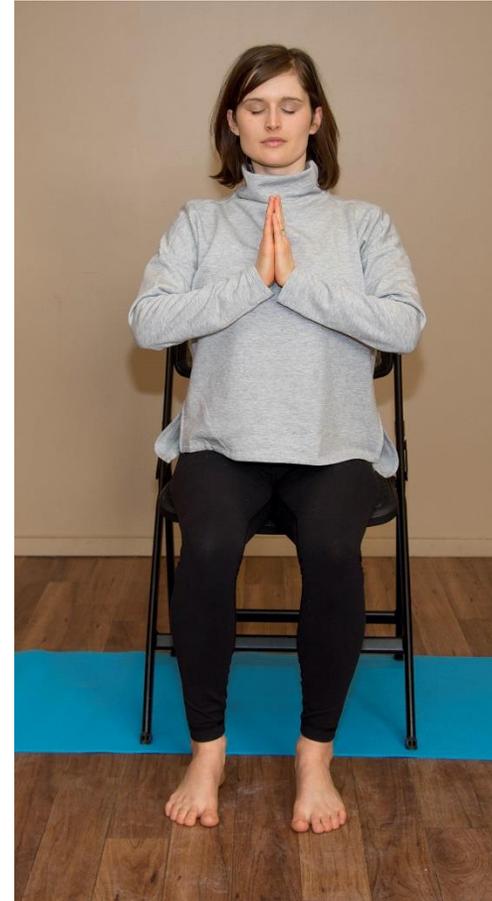
TWIST



Exhale and twist left | Hold for two full breaths | Inhale return center | Repeat twice



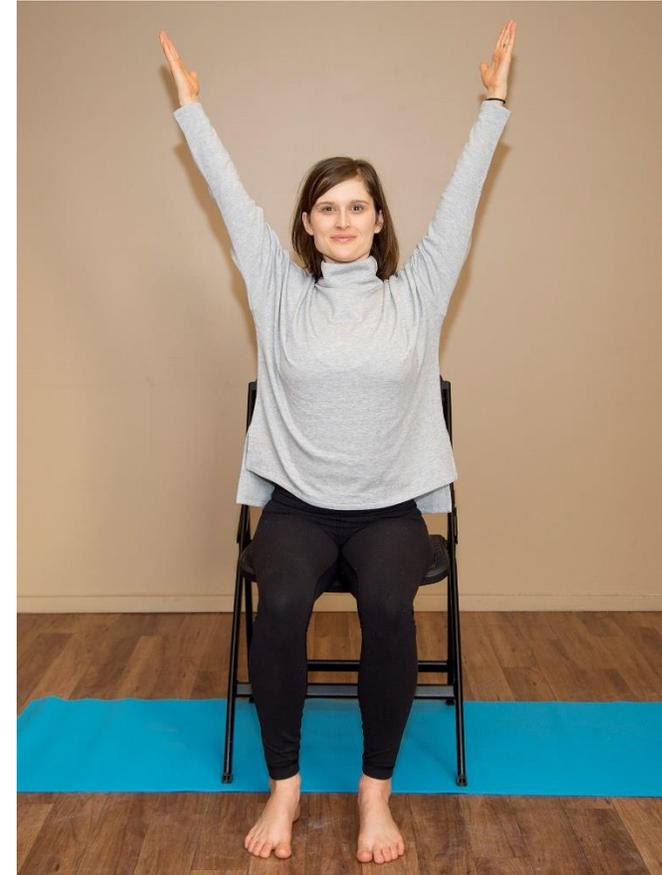
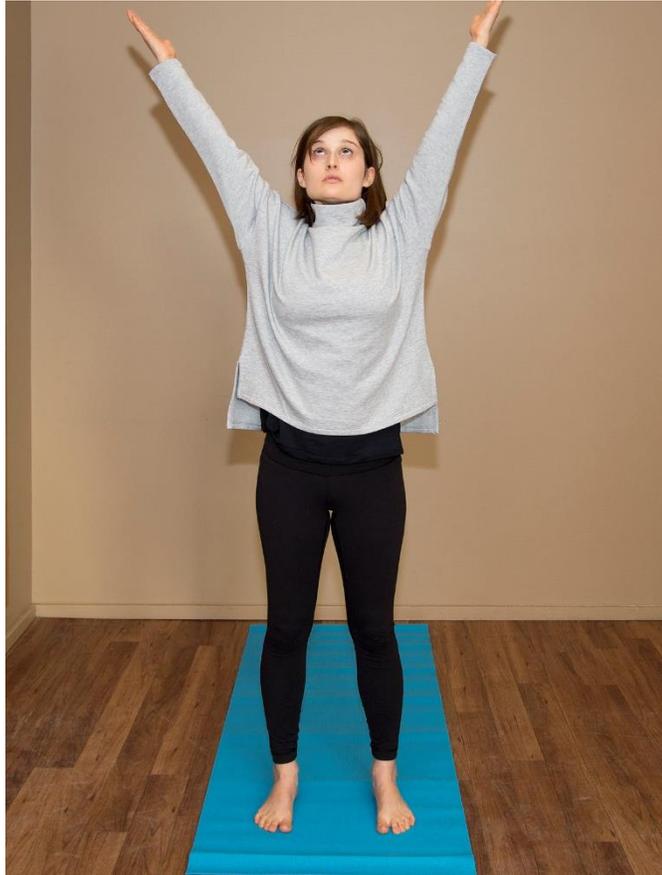
MOUNTAIN POSE



Feet planted | Elongate spine | Draw in core | Relax Shoulders| Soft face| Stay for 3 full breaths



SUN SALUTE



Inhale | Press into soles of Feet | Come upright | Reach arms overhead



MOUNTAIN POSE



Exhale| Mountain Pose| Eyes Closed | Take Three Full Breaths| Repeat full sequence three times

TAKE-AWAYS

- We are in this together and can support one another
- Eating more plant foods is important!
- Try plant proteins & limit serving sizes of meat
- Regular movement has many benefits

- Please try the movements we explored today

- "What are you taking away from today?"





THANK YOU

- For taking the time today to directly impact your health and wellbeing
- Our contact info: You can message us through MyChart messaging system or call scheduling at 612-863-3333 if you are going to miss a meeting
- See you next week!

LIVING WELL WITH CKD

A GROUP-BASED LIFESTYLE PROGRAM FOR
CHRONIC KIDNEY DISEASE

WEEK 6: STRESS MANAGEMENT AND CONNECTION

MAUREEN DORAN, MA, RDN, LD, NBC-HWC

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AND HEALING

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CHECK-IN

How did the week go?

How did the week go in terms of physical activity?

Any more thoughts or questions about nutrition?

How is your stress level and how do you respond?



Perceived Stress Scale 4 (PSS-4)

(Cohen et al. 1983)

What is your stress score?

Instructions: The questions in this scale ask you about your feelings and thoughts during THE LAST MONTH. In each case, please indicate your response by selecting the option representing HOW OFTEN you felt or thought a certain way.

Never; Almost never; Sometimes; Fairly often; Very often

1. In the last month, how often have you felt that you were unable to control the important things in your life?
2. In the last month, how often have you felt confident about your ability to handle your personal problems?
3. In the last month, how often have you felt that things were going your way?
4. In the last month, how often have you felt difficulties were piling up so high that you could not overcome them?

Scoring Instructions:

Total score is determined by adding together the scores of each of the four items. Questions 2 and 3 are reverse coded.

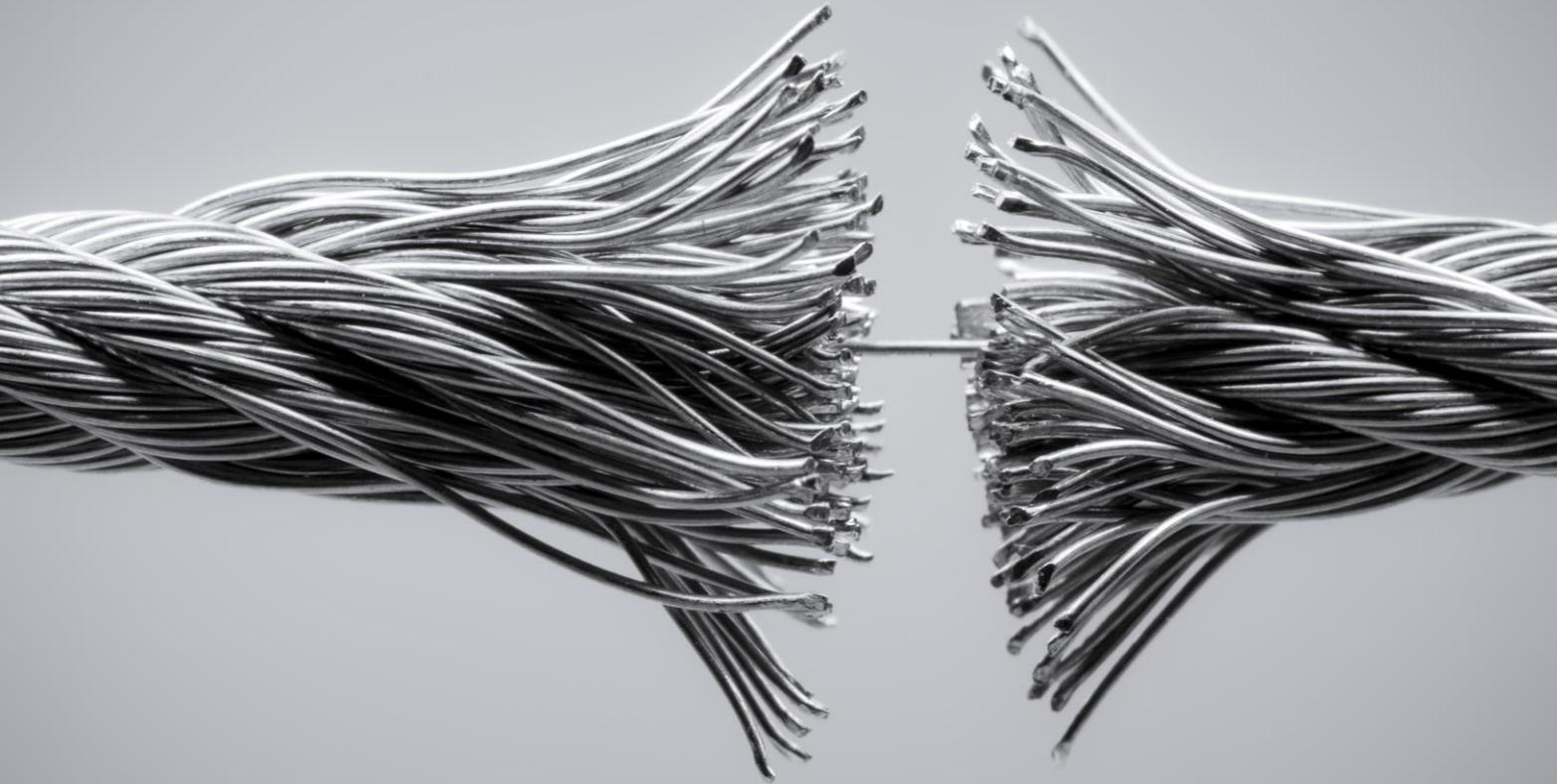
Questions 1 and 4: 0 = Never; 1 = Almost never; 2 = Sometimes; 3 = Fairly often; 4 = Very often

Questions 2 and 3: 4 = Never; 3 = Almost never; 2 = Sometimes; 1 = Fairly often; 0 = Very often

BODY'S RESPONSE TO STRESS

- We are superbly adapted for dealing with short-term, life-threatening stress
- Flight, fight or freeze is the body's physiological response to acute stress





STRESSORS TODAY

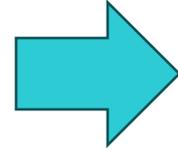
- Most of our stressors today come from non-life-threatening events
- These events also turn on the stress response, the body does not know the difference between a life-threatening crisis and a non-threatening one

LONG TERM RESPONSE TO STRESS CAN LEAD TO:

- Increased blood pressure
- Increased blood sugar
- Headaches
- Memory loss
- Gut issues
- Depressed immune system
- Declining engagement in life
- Sense of loss of control
- Increased distraction
- Feeling of depletion
- Further kidney damage



HOW DO WE MANAGE OUR STRESS?



*It's different for
everyone!*



WHAT HELPS YOU WITH STRESS REDUCTION ?



- Yoga
- Meditation
- Time in nature
- Time with loved ones
- Journaling
- Prayer
- Vacations
- Walk with friends
- Gardening
- Creative hobbies
- Allowing yourself to ask for help and receive help



WHAT IS MINDFULNESS ?

Mindfulness is a practice of becoming aware of the present moment including our thoughts, feelings, and bodily sensations and accepting these feelings and sensations without judgment



MINDFULNESS INVITATION

A close-up, shallow depth-of-field photograph of a person sitting and reading a newspaper. The person is wearing a blue and white horizontally striped long-sleeved shirt. The newspaper is held open, and the person's hands are visible. The background is a plain, light-colored wall. The text "5 MINUTE BREAK" is overlaid in the center of the image.

5 MINUTE BREAK

RECENT RESEARCH

› [Actas Esp Psiquiatr. 2024 Apr;52\(2\):138-148. doi: 10.62641/aep.v52i2.1600.](#)

Mental Health and Quality of Life in Chronic Kidney Disease Patients with Mild-to-Moderate Depression: A Retrospective Cohort Study of Mindfulness-Based Stress Reduction Therapy

Xiumei Li ¹, Wei Gao ², Jie Yu ¹, Yanling Mao ¹, Haihong Gu ¹, Fang Li ¹, Dongmei Ren ³

Affiliations + expand

PMID: 38622007 PMCID: [PMC11015819](#) DOI: [10.62641/aep.v52i2.1600](#)

Conclusion: MBSR can improve the mental health, sleep quality, and quality of life of CKD patients with mild-to-moderate depression, and improve psychological resilience and mindfulness.

Mindfulness Resources



Ten Percent Happier

<https://www.tenpercent.com> › meditations



Insight Timer

<https://insighttimer.com>



goeatrightnow.com

<https://www.goeatrightnow.com>

Go Eat Right Now



UMass Memorial Health

<https://www.ummhealth.org> › ... › Mindfulness Programs

MBSR 8-Week Online Live - UMass Memorial Medical Center



Calm

<https://www.calm.com>

www.Self-compassion.org



Unwinding Anxiety®

<https://www.unwindinganxiety.com>

Unwind Your Anxiety



Headspace

<https://www.headspace.com> › headspace-meditation-app

Your local University or meditation center

WHERE TO START WITH LEARNING STRESS MANAGEMENT

1. Make a **personalized plan** for stress management
 - Everyone's plan will be different
2. Make it a **daily practice**
3. **Find support** if you need it
 - Therapist
 - Accountability partner
 - Spiritual counselor
 - Pray or Meditation Group





THE POWER OF CONNECTION

HUMAN BEINGS ARE WIRED FOR SOCIAL CONNECTION

Scientific evidence suggests it's a **core need** for **feeling satisfied with your life** and **maintaining positive mental health**



THE DANGER OF LONELINESS



Loneliness is worse for your health than having high blood pressure, smoking, or being obese

(House, Landis, & Umberson, 1988);

ADDITIONAL BENEFITS OF SOCIAL CONNECTION

- Reduce risk of depression and anxiety
- Improved mood
- Better able to manage in stressful times





GROWING SOCIAL CONNECTION...

- It requires **action** and **effort** to build and maintain the relationships that give us a sense of belonging and closeness to others.
- Without intention and effort, we cannot benefit from, sustain, or grow these connections

GROWING OUR CONNECTIONS

- Share, give, and support others through acts of kindness and volunteering opportunities
- Engage in activities that align with your values & strengths



GROWING OUR CONNECTIONS...

- Phone a friend once per week
- Write an email or a letter
- Schedule a regular dinner or lunch date
- Start a book club
- Invite a friend or family member to be your exercise partner
- Ask a caregiver how they are and listen to their story
- When you go in a store, greet the clerk
- Join a community center
- Have a congregated meal





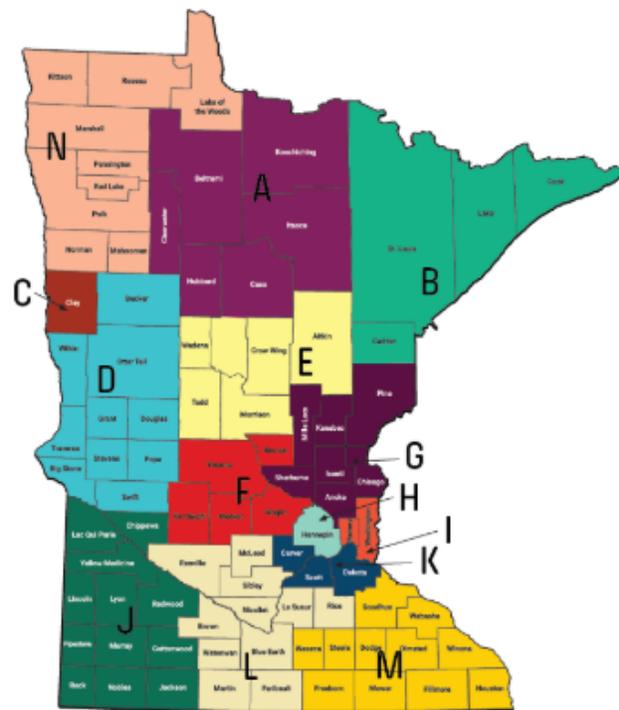
**Making social
connections. Building
wellness.**



Senior Companion Services

Our Senior Companion service is available across **Minnesota** and **North Dakota** and assists older adults, so they are able to remain healthy and active in their own homes for as long as possible.

Our companions are trained volunteers who visit three to four hours per week to offer support, friendship and transportation in the community.



Senior Companion MN Map

SELF-COMPASSION IS KEY TO MAKING LIFESTYLE CHANGES

- Self-compassion means treating ourselves as we would treat a loved one who is suffering.
- “Because self-compassionate individuals do not berate themselves when they fail, **they are more able to admit mistakes, modify unproductive behaviors and take on new challenges.**”



RESEARCH BENEFITS OF SELF-COMPASSION

- Greater resilience
- Less anxiety & depression
- Reduced worry
- Greater happiness, optimism, curiosity, creativity, enthusiasm, inspiration & excitement
- Improves quality of life



SELF-COMPASSION PRACTICE



TAKE-AWAYS

- We have discussed
 - nutrition
 - movement
 - stress management
 - Sleep and
 - social engagementas the pillars of lifestyle medicine for CKD
- "What are you taking away from this series?"





THANK YOU

- For taking the time today to directly impact your health and wellbeing
- Our contact info: You can message us through MyChart messaging system or call scheduling at 612-863-3333 if you are going to miss a meeting