

Starting Your Journal

Journaling is writing down your thoughts and feelings. Many people find doing this helps with their well-being. It gives you time to reflect on a personal journey and lets you collect your thoughts in a unique way.

Write what you feel and do not worry about spelling. Write as much or as little as you want. Journaling can be three sentences, or three words. It is your choice. A journal is just for you.

All you need is the courage to begin.

When You Are Ready to Begin Journaling

- ✓ Download the pre-created journal template.
 - Print the template or download it on your device to journal electronically.

OR

- ✓ Start journaling with a notebook and create your own flow for journaling.
 - Use the prompts below to help get you started.
 - Record details such as time, location, who you were with, and what you were feeling. Journaling is like a record of your story. The details will help with the memories.

Encourage your loved one to try journaling, too. Caregiver templates are also available.



A Few Prompts to Help You Get Started

Right now, I feel or I want . . .	Today, I plan to . . .
If I could talk to myself when I was first diagnosed with kidney disease, I would say the one thing is . . .	If I could talk to myself when I first started dialysis, I would say the one thing is . . .
As I think back on how I felt just before I started dialysis, I remember feeling . . .	When I think back to a time I made a decision about my treatment, I considered the most important thing was . . .
If my body could talk it would say . . .	Quality of life means this to me . . .
This gives me strength to keep going when things are tough . . .	Thinking back on the past five years, I think kidney disease has impacted my life by . . .
As I reflect on my journey as a kidney patient, I am most proud of . . .	The most important life lessons I have learned on my kidney journey are . . .
The one moment of my kidney treatment journey I will never forget is . . .	When I think about my kidney treatment, I am most grateful for . . .
My life experiences have affected the way I approach my treatments by . . .	If I were to describe what having kidney disease feels like in two sentences, I would say . . .
As I think back on my journey as a kidney patient, I see that I focused mostly on . . .	Without my kidney diagnosis, I am . . .
I am most proud of overcoming . . .	When I look in the mirror, I see . . .

For more information visit www.esrdncc.org/patients. Click on *Mental Health/Well-Being*.



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