

## **Emotional Well Being** <sup>[1]</sup>

Mental health is defined by the World Health Organization as a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community. Therefore, if you don't have a healthy mental state, it will be hard for you to live your life to the fullest.

Mental health issues are common in the United States, and each year approximately one quarter of the population struggles with their emotional well-being. Maintaining emotional health can be a challenge for anyone, but is even more difficult for those that have chronic kidney disease (CKD). Most patients experience a wide range of feelings as they adjust to the realities of kidney failure and dialysis. Don't hesitate to seek help from your doctor, psychologist or other health professionals. Having the right outlook could make a significant difference in the outcome of your treatment.

### **Classrooms:**

- [The Importance of Mental Health](#) <sup>[3]</sup>

### **Fact Sheets:**

- [Living Well on Dialysis](#) <sup>[4]</sup>

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**Source URL:** <http://www.dpcedcenter.org/emotional-well-being>

### **Links**

[1] <http://www.dpcedcenter.org/emotional-well-being>

[2] [http://www.dpcedcenter.org/sites/default/files/featured-articles/For%20New%20Kidney%20Failure%20Patients%20Under%2065\\_0.pdf](http://www.dpcedcenter.org/sites/default/files/featured-articles/For%20New%20Kidney%20Failure%20Patients%20Under%2065_0.pdf)

[3] <http://dpcedcenter.org/classroom/importance-mental-health>

[4] <http://dpcedcenter.org/living-well-dialysis-0#overlay-context=>