



End-Stage Renal Disease  
Network Program

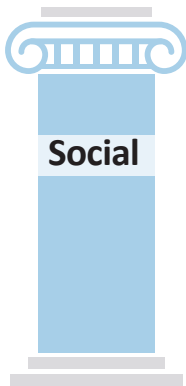


Find Your Peace:

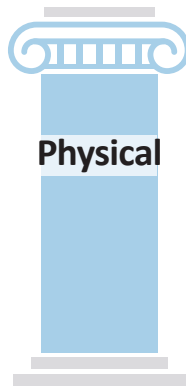
# SEVEN PILLARS OF SELF-CARE



Emotional



Social



Physical



Intellectual



Spiritual



Financial



Professional

**Human beings desire certainty.**

**When life feels uncertain or unsafe, it's normal to experience stress.**

**To help cope, ask yourself three fundamental questions  
and react based on how they make you feel:**

**What is happening? • Why is it happening? • What's next?**

When facing high-stress situations that make you feel threatened, such as new challenges, policy changes, natural disasters, destruction, or disruptions, you may respond with common emotions, such as confusion, anxiety, anger, sadness, discouragement, or depression.

While these situations may be challenging, it's important to remember that you are not helpless. There are strategies to help navigate these difficult emotions.

On the next page are some tips to help you find your peace.

# SEVEN PILLARS OF SELF-CARE



## 1. Emotional – Self-care is NOT selfish.

It's not one-size-fits-all. Do what's necessary for you!  
Acknowledge and practice having positive energy.

## 2. Social – Unplug, unfollow, or disconnect.

It's not self-care if it increases your negativity. Stay informed but avoid information overload. Nurture relationships with loved ones who bring you joy.

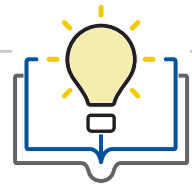


## 3. Physical – Shift the focus to what is within your control.

You can only control the body you occupy. Make exercising, proper nutrition, and getting enough sleep daily habits.

## 4. Intellectual – Reading isn't just fundamental, it's critical.

Stimulate your mind and continually educate yourself.

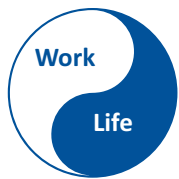


## 5. Spiritual – Find yourself through spirituality.

Connect with your inner self through prayer, meditation, or a walk in nature to find meaning and purpose in life.

## 6. Financial – The best investment is in yourself.

The more you learn, the more you will earn.  
Learn by talking to people, reading, and taking online courses.  
Your ability to grow your knowledge makes you more valuable and increases your earning power.



## 7. Professional – Be led by your dreams.

Establish work-life balance and access opportunities for growth and development to add to your sense of purpose and satisfaction.

For more information or to file a grievance, please contact us:

### **IPRO End-Stage Renal Disease Network Program**

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