

Succeeding with Your New Year's Resolutions



At the start of the New Year, many of us resolve to change certain habits or improve some behaviors, but by the next day, week or month, most of us will have given up trying. Few will have changed one habit and even fewer will maintain the change.

How do we go about achieving success? Maybe we focus on the wrong thing. If we are only concerned about one specific change, we feel that we have failed when we do not accomplish what we planned. To succeed, we must plan carefully. The reward is feeling better!

Instead of focusing on a specific thing to change, it is better to focus on improving health. When you focus on improving health, you get the benefits right away. Any small change that you make is going to make you feel better.

Goal Setting

To achieve your goal, you have to:

1. Quantify it.

It is not enough to say "I will eat less chocolate". A more specific and quantifiable goal would be "I will eat no more than one chocolate bar per month".

2. Pick only one change at a time.

Change is difficult. If we want to be successful, we need to focus our efforts on one item at a time. From the list of possible improvements you can make in your diet, pick one that is going to be the easiest for you to achieve. Work on that for a week or two until you feel you have mastered that change. Then you are ready for the next change. Having succeeded in making one positive change, you are less likely to become discouraged when you decide to tackle more difficult tasks.

3. Be realistic.

We have many pressures and responsibilities in our lives. Any goal that you set should take into consideration factors that are going to impose upon them. That is to say, if you know you will be out all day, pack a lunch based on your dietary allowances or choose a place to have lunch that offers healthy options. Don't set too many goals. You can only accomplish a certain amount within a period of time. Don't saddle yourself with unrealistic resolutions that will only spell failure later.



Areas of Health Improvement for Dialysis Patients

Vascular Access-

Whether your access is a fistula, graft or catheter, you should take good care of it. Your dialysis team will teach you how to take good care of your access.

Weight-

You will gain too much fluid weight if you:

Drink more fluid than you should **or** if you eat more sodium than you should.

You will change your solid body weight if you:

Exercise more or less than usual **or** if you change the amount of food you eat.

Fluid Intake-

Any food that is liquid at room temperature is counted as fluid intake. This includes ice, ice cream or popsicles. Soups, stews and watery foods like watermelon contain fluid too.

Diet Adherence-

Good nutrition is the key to good mental and physical health. Eating a balanced diet is an important part of good health for everyone. The kind and amount of food you eat affects the way you feel and how your body works. If you have questions, ask your dietitian.

Treatment Adherence-

ALWAYS go to all of your scheduled treatments and arrive on time.

Stay for the **FULL** treatment time.

Hand Hygiene-

WASH HANDS WHEN VISIBLY SOILED! OTHERWISE, USE HANDRUB. Your dialysis care team will teach you the proper hand hygiene procedure.

Speaking Up-

Speak up and let your caregivers know exactly what you feel and what you need.

Be Involved in Your Care-

Before an appointment, **write down questions you want to be sure to ask your doctor.**

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