

Emotional Wellness During the Holidays – A Mindfulness Approach

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When Joy and Stress Coexist

Holidays can be exciting—and challenging.

- Travel and treatment disruptions
- Family dynamics, misperceptions, and miscommunication
- Nostalgia and changes in traditions
- Financial demands and social expectations
- Dietary and fluid restrictions; pressure around food and drink
- Physical pain, anxiety, and depression

Mindfulness – A Holiday Gift for YOU

Mindfulness is the awareness that arises through paying attention, on purpose, in the present moment, non-judgmentally.” — Jon Kabat-Zinn

Three qualities of mindfulness

- Clarity: Seeing things as they really are
- Concentration: > focus, problem solving,< mind wandering
- Equanimity: Being with life's ups and downs with more balance



2 Ways to Cultivate Mindfulness

- Formal: Meditation, breathing practices, body scan, walking meditation
- Informal: Bring full awareness to everyday activities.

Mindfulness and Kidney Disease

Mindfulness may support emotional well-being and quality of life for people living with chronic kidney disease (CKD).

- Perceived stress, anxiety, and depression
- Emotional regulation and coping
- Kidney disease–specific quality of life
- Autonomic nervous system regulation
- Blood pressure in some hemodialysis patients



Also chronic pain, telomeres, neuroplasticity, and antibody responses.

Takeaway Mindfulness Practices

STOP

S — Stop: Notice thoughts, feelings, and body sensations.

T — Take a breath: Gently attend to the in-breath and out-breath.

O — Open and observe: Include your body and surroundings.

P — Proceed: Re-engage with the world thoughtfully.

Five-Finger Breathing

Trace each finger slowly with your other hand.

Breathe in as you trace upward; breathe out as you trace downward.

Complete five comfortable breaths. Pause and notice how you feel.

Three-minute Breathing Space - Notice body, thoughts, & breath.

Practices for Everyday Life

Doorway Pause

Breathe and check in with your body, thoughts, and emotions before entering a room.

5—4—3—2—1 Grounding

Notice 5 things you see, 4 you feel, 3 you hear, 2 you smell, and 1 you taste.

Soles of Feet

What's here? Vibrations, pulsations. Noticing if they come and go.