



Your Loyal 24/7 Health Partner

## NUTURING MENTAL WELLNESS FOR HEALTHY LIVING



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Specialty Pharmacy  
Expires 02/01/2026

partnering  
together for  
optimal patient  
outcomes



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our experts  
are ready to  
collaborate  
with you  
24 hours a day,  
365 days a year

## NUTURING MENTAL WELLNESS FOR HEALTHY LIVING

### YOUR FEELINGS ARE VALID

Living with a chronic bleeding disorder presents numerous challenges affecting the individual and their loved ones. The journey is often fraught with feelings of devaluation, struggles with confusing medical care, fighting for insurance coverage and the strong temptation to isolate oneself for safety.

### YOU HAVE THE RIGHT TO FEEL WHATEVER YOU FEEL

It's easy to feel like you are facing an uphill battle when seeking proper medical care and support. You may feel dismissed by healthcare providers who lack understanding or awareness of your condition. Feeling overwhelmed with navigating the complexities of insurance coverage for necessary treatments and medications can be a frustrating process. Please know that the Fidelis team is here for you 24 hours a day to help.

### THE IMPACT ON LOVED ONES

Family members and close friends often experience high levels of stress, worry and emotional burden. Witnessing the physical challenges and potential life-threatening situations can create anxiety and depression in loved ones. It is crucial to address the mental health needs of both patients and their support systems.

### EXPANDING OUTSIDE THE SAFETY BUBBLE

While safety measures are essential to your care, it can inadvertently lead to isolation and limited experiences. To improve mental well-being, patients should consider expanding their horizons beyond the safety bubble. Engaging in activities that bring joy, pursuing hobbies and socializing with understanding peers can help combat feelings of loneliness and limitation.

### SHARE YOUR CONCERNS

Psychologists are facing a record number of patients seeking treatment. If you know someone showing signs of anxiety, it's important to talk with them. Find a time and place that is private and quiet to initiate the conversation. Here are some suggestions for an empathetic conversation:

- **Be compassionate** | Use statements like, "I wanted to check in on you" or "How are you feeling?" to open a dialogue. If they feel supported, they will open up to you.
- **Be patient, listen and love them** | If they feel diminished or challenged, they will stop talking. And do your best not to "fix" things for them.
- **Normalize therapy** | You can offer a referral or a ride to an appointment. When appropriate you can ask, "Have you ever considered talking with someone about your concerns?"
- If at any point you become concerned about them harming themselves or others, call 911 immediately. Or drive them to the nearest emergency department. We have compiled a list of organizations to assist with mental health issues.

National Suicide Prevention Hotline | **800.273.TALK**

Suicide and Crisis Lifeline | **988**

Substance Abuse and Mental Health Services Administration | **800.662.HELP**

National Alliance on Mental Illness | **800.950.NAMI**

National Domestic Violence Hotline | **800.799.SAFE**

Trevor Project, LGBTQ Support Services | **866.488.7386**

Veterans Association | **800.590.2173**

Rape, Abuse and Incest National Network | **800.656.HOPE**

Crisis Text Line | **Text HOME to 741741**

*Mental health concerns are a critical aspect of living with a chronic bleeding disorder. You are not alone in this journey, and the Fidelis community is ready to offer support and resources.*





# WELLNESS OPPORTUNITIES

## PRACTICE MINDFUL BREATHING DURING PAIN

Studies show that focused breathing can lessen chronic joint pain. It can also reduce anxiety about the infusion process and other stressors. Thinking differently about the pain and stress may also help people cope easier.

You can reduce pain or strong emotions by focusing on your breath as it enters the body. As you do, describe the breath to yourself in your mind: Fast. Slow. Warm. Cool.

If you keep your mind focused on your current breath, this will help you worry less about whether the pain will continue.

The sensation of discomfort makes the pain more emotional. Using mindfulness-based breathing techniques can rid worried feelings from the physical pain. Therefore, breathing techniques may work with medication to reduce the pain up to 50%.

## BODY SCAN MEDITATION

If focusing on your breathing is too difficult, then try a body scan. Mentally scan from the top of your head to your feet and make mental notes about each body part. If your back hurts and you start your body scan with your forehead, you may feel less pain by the time you reach your back. Pain is constantly moving and changing.

## MINDFULNESS ANYWHERE

You can incorporate mindfulness techniques to help reduce the emotional response to pain, stress and anxiety. Focus on sensations that you experience while walking, washing dishes or doing other activities. Focusing in on these movements can improve your concentration over time. We hope this will help improve your pain, stress and anxiety.

## NURTURING YOUR PARTNER RELATIONSHIP

The stress of caring for a loved one can take a big toll on a relationship. Communication can break down easily. Medical bills and dealing with the insurance company can overwhelm you. And it may be difficult to find someone who is responsible enough to watch your child so you can have a break.

It's easy to experience a lack of attention or feel guilty about taking time out to nurture ourselves. With so much to be responsible for, how can you possibly have a date night? But it's important for you to make your partnership a priority!

It's beneficial for children to see a strong marriage. Talk, compromise and work together to treat the entire family. Find someone that you trust for childcare. Try outdoor picnics or exercising together to change your perspective and open your mind.

Here are some suggestions for date nights:

- Visit a local craft store and make something together
- Take an online cooking or wine-tasting class
- Camp in the backyard and order takeout
- Visit an amusement park
- Satisfy your sweet tooth
- Take in a comedy show
- Try a new coffee shop
- Plan a scavenger hunt
- Concert in the park
- Take a brewery tour
- Listen to music
- Farmer's market
- Paint & sip class
- Movie night in
- Ride go-karts
- Plan a picnic
- Karaoke
- Hiking
- Bowling
- Mini golf





## SERVING AS MENTORS AND FINDING SUPPORT

One powerful way to enhance your mental health and empower oneself is to become a mentor for newly diagnosed patients. Sharing personal experiences, coping strategies and insights can provide invaluable support and inspiration to those navigating the early stages of their condition. Joining support groups can also foster a sense of belonging and facilitate meaningful connections with others who share similar challenges.

## HELPING OTHERS MAKES YOU FEEL GOOD ABOUT YOURSELF

Volunteering is not only a selfless act that benefits others; it also has a profound impact on our own mental well-being. Engaging in volunteer work has been shown to improve mental health in various ways. It provides a sense of purpose and fulfillment, boosting self-esteem and promoting a positive outlook on life. Secondly, volunteering fosters social connections, reducing feelings of loneliness and isolation. Interacting with like-minded individuals and making a difference together creates a sense of belonging and community. And volunteering often involves physical activity and exposure outside of your home environment. Both are linked to an improved mental well-being. By giving our time and energy to others, we inadvertently enrich our own lives and experience the therapeutic effects of helping those in need.

## WHEN CONSIDERING VOLUNTEERING, ASK YOURSELF THESE QUESTIONS:

- Who do I want to help?
- Do I want to help raise money for a good cause?
- Could I help at an animal shelter?
- What do I love to do the most and how can I share that passion with others?
- Then, talk with your family about what's available in your community. Ask your school or local Hemophilia Chapter or search online for groups that you can help. Visit a local school, pet shelter or nursing home to see what kind of help they need. There are lots of ways to get involved in your community. Just find a cause that means something to you and get started.

## HERE ARE SOME OTHER IDEAS FOR VOLUNTEERING:

- Read books aloud to people who are visually impaired.
- Help pack donations of clothes, books and toys.
- Make care packages for the homeless.
- Clean up a local park.
- Present a talent show with your friends at a local nursing home.
- Offer to do yard work for a neighbor.
- Run a lemonade stand and donate your earnings to a charity.
- Organize a penny drive with your friends and neighbors. Donate the money to a local charity.
- Make handmade cards to send to people in a nursing home or soldiers. Your cheery surprise could make someone's day.
- Start a club to help stop bullying



## THE HEALTH BENEFITS OF PET OWNERSHIP

Pets provide a boost to both your physical and mental well-being. Consider these points when deciding if having a pet is the right option for you.

### FITNESS AND NUTRITION

If you struggle with exercising, a dog may be the nudge you need to get moving. Walking is the #1 exercise for all ages, and a dog will make exercise a new habit.

In a national poll conducted by the University of Michigan in 2019, 4 in 5 older adults said that having a pet helped reduce stress, while 3 in 5 reported that their pets made them more physically active. Most dog owners walk an average of 300 minutes each week. That's double the amount of moderate exercise recommended to maintain good health. Meanwhile, studies suggest that both cats and dogs offer heart-health benefits. Some shelters offer yoga with cats, rabbits or even goats.

### LONELINESS REMEDY

Pets of all kinds can also remedy loneliness, a common accompaniment to chronic illness. Depression focuses your emotions inward, but a pet helps you focus outward. Dogs are pack animals, and when you own a dog, you become part of a pack. There is even a calming effect from watching fish swim in a tank or listening to birds chirp.

### HOW TO SELECT THE RIGHT PET FOR YOU

Be thoughtful and do your homework. Know your physical limits and amount of energy you want around you. Older animals tend to exert less energy.

Here are a few questions for you to consider:

- How active are you currently?
- Do you have any allergies?
- What sort of residence do you have?
- What type of area do you live in?
- Are you able to keep a pet secure?
- Have you owned a pet before?
- How long would your pet be alone each week?
- What kind of pet can you afford?
- What is your pet training patience level?
- Most importantly, **HAVE FUN!**







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