

Wrapping your Mind Around It

MENTAL HEALTH STRATEGIES FOR CHRONIC DISEASE

C3 Glomerulopathy 20th Family Conference

Saturday, October 4, 2025

Georgette Richardson, PhD



Kidneeds



Molecular Otolaryngology & Renal Research Laboratories

IOWA

Carver College
of Medicine

Georgette Richardson, PhD

CLINICAL ASSISTANT PROFESSOR

PEDIATRIC HEALTH PSYCHOLOGIST

Division of Pediatric Psychology

Stead Family Children's Hospital



Why would anyone need a Health Psychologist?

Psychological Services

- Mental Health Screening and Assessment
- Brief, Targeted Intervention
- Matching individuals and caregivers with local services

Behavioral Health Services

- Emotional reaction and adjusting to new diagnosis for youth and their family
- Integrating the medical regimen into daily life: treatments, medications, feeding
- Encourage health promoting behaviors: sleep, nutrition, hydration

Index

Purpose of Emotions

Describing Emotions

Finding Balance

Prevent Emergencies

Mindfulness Based Coping

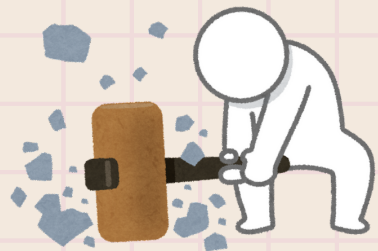
Validation and Acceptance

Social Connection

Questions

Purpose of Emotions

Motivate
Action



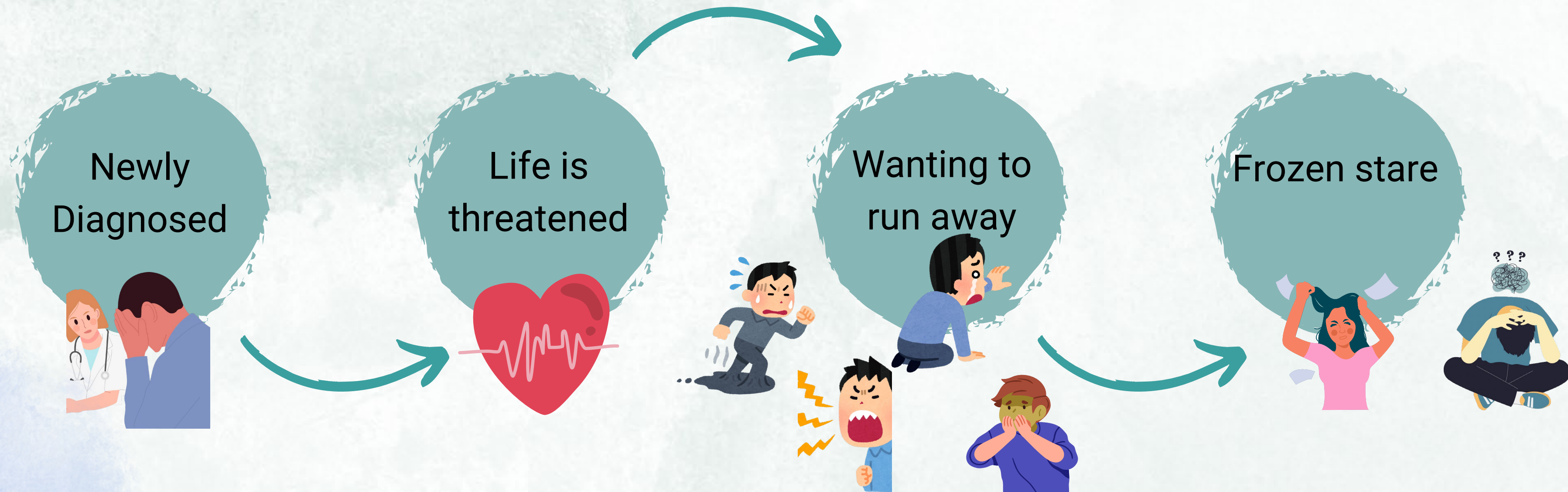
Communication
to Others



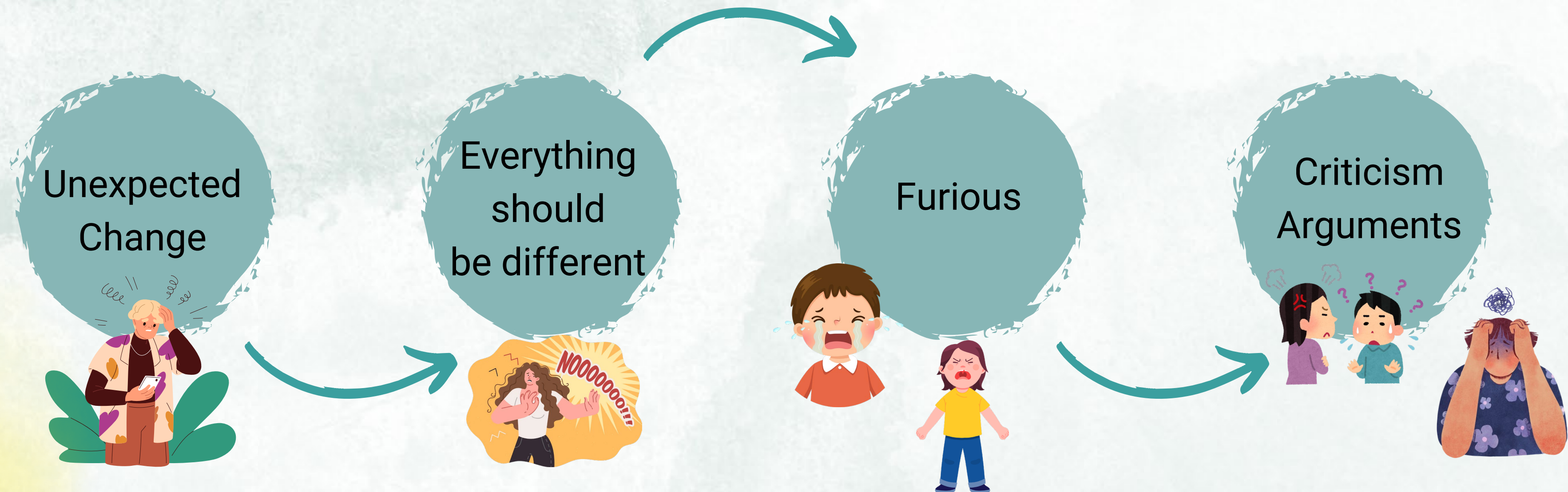
Communication
to Ourselves

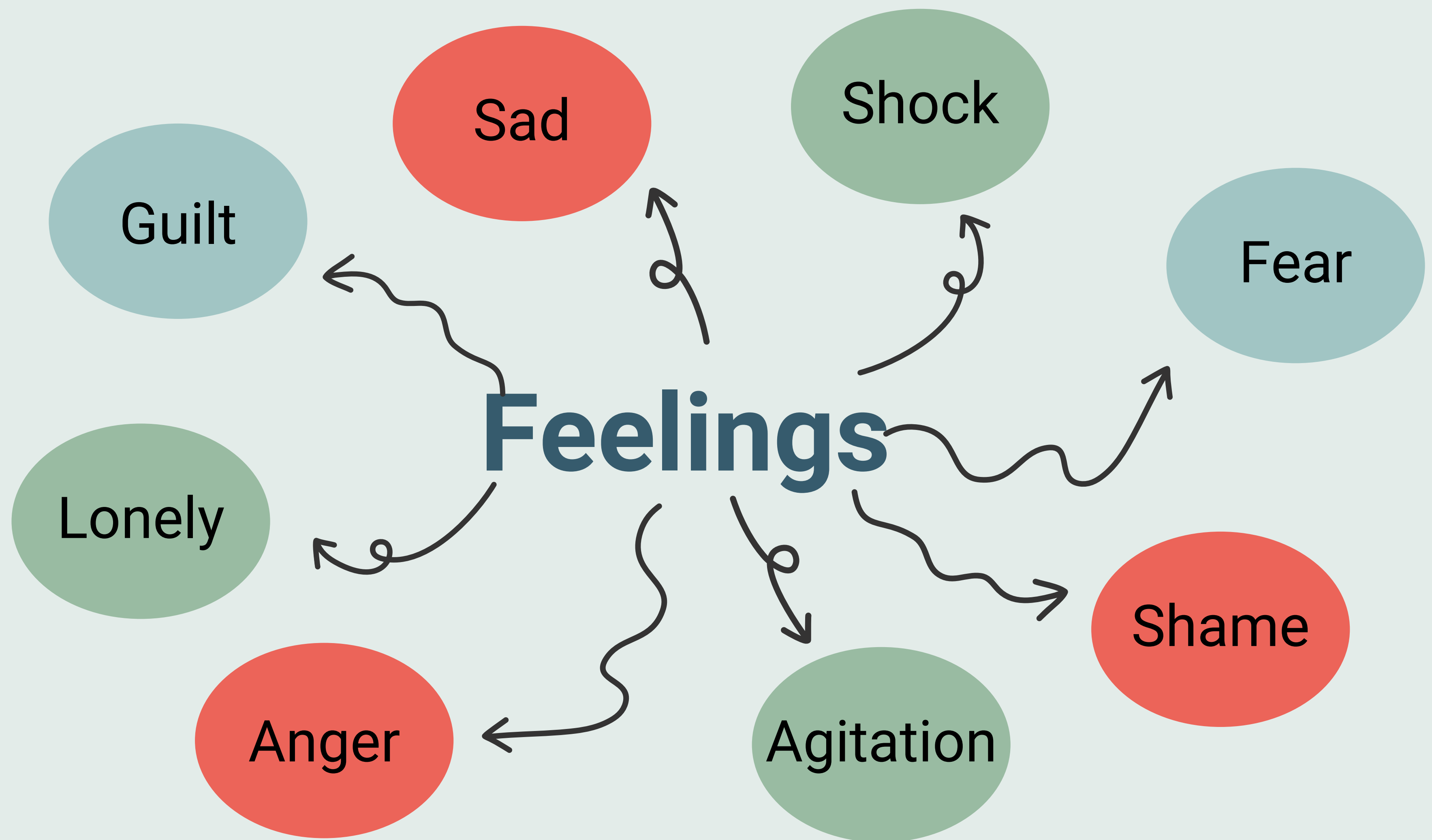


Describing Fear



Describing Anger





Hard to Find Balance

Crisis



Brain and Body
Changes



Inexperience



Stigma and Myths



Emotions are stupid.

All emotions help with understanding the experience.

This isn't right.

There is no correct or wrong.

Do whatever I feel.

Doing what I feel can be ineffective.
(Emotions are not facts)

Telling others is weakness.

It is healthy to tell others when I feel bad.



Preventing Emergencies



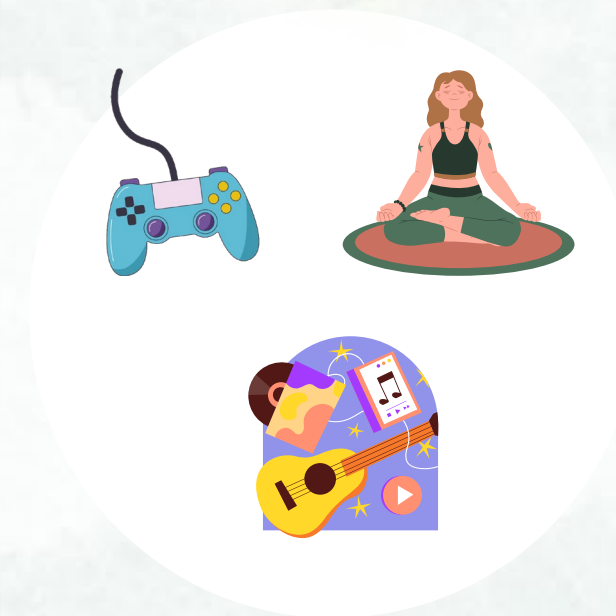
Sleep and Rest



Nutrition and Hydration



Routines



Planned Activities

What Is Mindfulness?

Mindfulness is bringing awareness to the present moment.
Noticing when awareness changes.

- Observe sensations, urges, thoughts
- Describe without judgement (it is what it is)
- Participate fully (complete acceptance)

Why Is Mindfulness Important?

- Mindfulness helps us regulate our emotions.
- It allows us to be more kind, gentle with ourselves.
- Mindfulness helps us to be curious.
- It improves our concentration and focus.

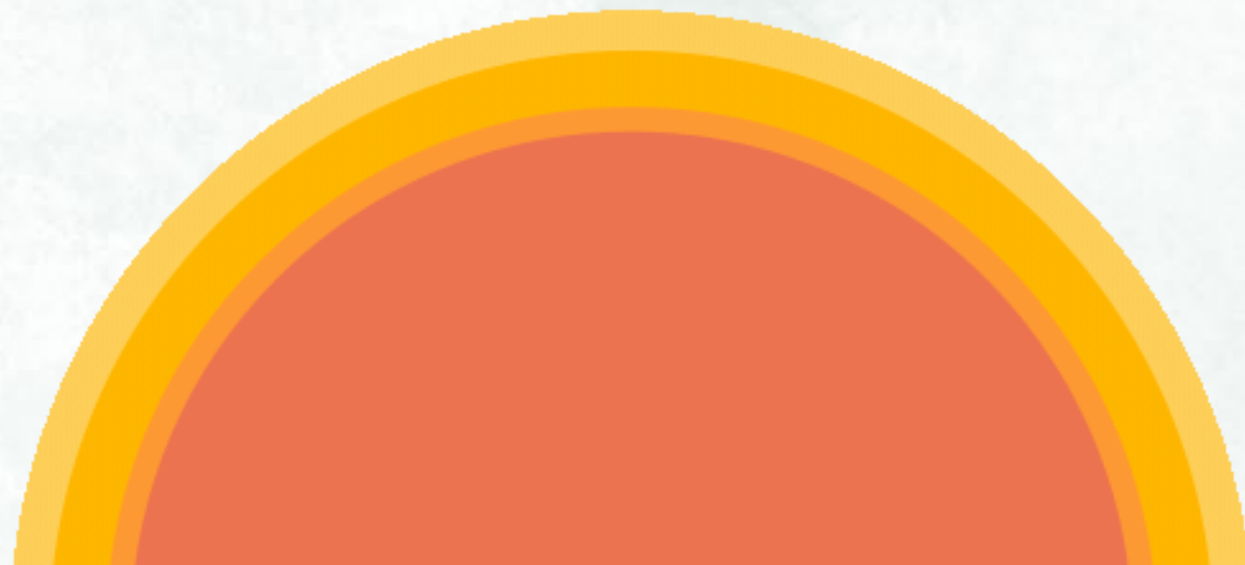


Belly Breathing

While sitting, place your hands on your belly.
Close your eyes and take a deep breath, in and out.

You can count your breaths 1- 2- 3-... or
Follow your breath, in through your nose, hold 1-2-3, and out through your mouth 1-2-3.

Try to do this quietly for one minute.



Grounding

Use your five senses to observe what is happening around you at this moment.

What do you see?

What do you hear?

What do you feel?

What do you smell?

What do you taste?

Validation

Feelings, thoughts, and actions make sense in a particular situation.

Make sense, accurate, and acceptable

Validation is not Agreement

Acceptance

Cannot solve or change how you feel.

Suffering is decreased.

Experiencing reality for what it is.

Validation

Feelings, thoughts, and actions make sense in a particular situation.

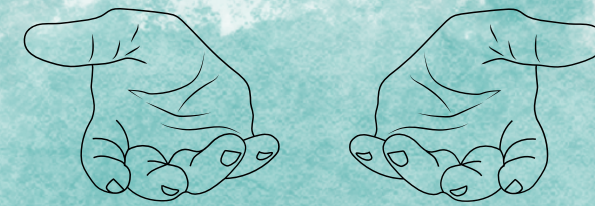


“It makes sense that I’m a little nervous.”

“it makes sense that I’m having a hard time concentrating with the news I just received.”

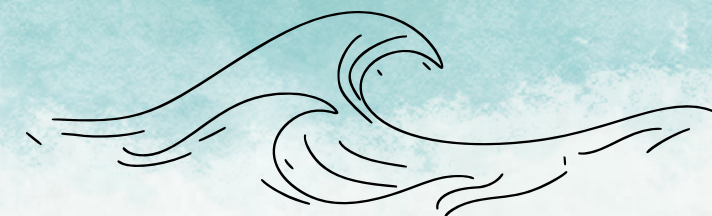
Acceptance

When met with a serious problem



Allowing the world to be what it is.

Acceptance may come and go



COMMUNITY

The Power of Connection





**Thank you
&
Questions?**