You may worry about the future or feel overwhelmed by all the things you need to do to stay on top of your kidney and overall health – and that’s on top of other life demands too. It can help to press pause from time to time and take stock of how you are coping. Be sure to talk about your feelings and speak up if you need more support.

Use this worksheet to do a quick self-check. Make sure to share it at your next primary care or nephrology appointment. Visit www.igan.org to read 10 Ways to Boost Your Mental Health and other tips. Keep these tips handy to remind yourself that taking care of your mental health is important too.

• When you think about living with IgA Nephropathy, what worries you most? What do you find to be the most stressful part?

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

In general, how would you say you are coping? Please circle:

Not well at all  It’s hard, but I’m managing  Pretty well  Very well, considering

________________________________________________________________________

• How does IgA Nephropathy limit you or impact your general outlook and happiness?

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

• Are there things, activities or people that help you cope or feel calmer?

1. ____________________________________________________________

2. ____________________________________________________________

3. ____________________________________________________________

4. ____________________________________________________________

5. ____________________________________________________________

www.igan.org
• Does anything make it more difficult to cope or be in a good mental and emotional place? Please explain.

• How helpful is your support network? Please circle:

<table>
<thead>
<tr>
<th>Not helpful at all</th>
<th>A little helpful with prodding</th>
<th>Helpful</th>
<th>Really helpful, I couldn’t do it without them</th>
</tr>
</thead>
</table>

• In the last two weeks, how often have you noticed:

<table>
<thead>
<tr>
<th></th>
<th>Not at all</th>
<th>Several days</th>
<th>More than half the time</th>
<th>Most of the time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Little interest or pleasure doing things that you usually enjoy</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>Feeling sad, depressed or hopeless more than happy</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>Isolating or pulling away from others more</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>Trouble falling or staying asleep or sleeping too much</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>Trouble concentrating</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>Changes in your appetite (not feeling like eating much or eating too much/stress eating)</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
</tbody>
</table>

If you have been experiencing any of the above, talk with your doctor or other member of your healthcare team. They can help connect you with resources and support.
• List activities (or people) that bring you joy, fill your soul or help you feel more at ease? These should be your go-tos when and if you’re feeling sad or anxious.

1. 
2. 
3. 
4. 

• Anything else that you would like to talk about concerning your mental, emotional or spiritual wellbeing?

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

Be sure to share this worksheet with your care team to give them a more complete picture of how you are doing.