

Name: _____ Date: _____

Coping & Self-Care Worksheet



Having IgA Nephropathy can feel like a lot sometimes.

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?**

- _____
- _____
- _____
- _____
- _____

- 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:

Not helpful at all	A little helpful with prodding	Helpful	Really helpful, I couldn't do it without them

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

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

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.