

Self-Care With CIDP

Building up self-esteem and practicing self-care may not always be easy when you're living with CIDP (chronic inflammatory demyelinating polyneuropathy). This worksheet was created to inspire positive self-reflection and activities to help you take care of *you*. You can revisit this worksheet daily, weekly, or as often as you find helpful.

Record your thoughts

As well as being a good tool for tracking progress and growth, research has shown that journaling may help you to reduce stress and anxiety. Grab your notebook and consider using any or all of these journal prompts to help you find gratitude.

1. This week, I want to focus on...
2. Today, I'm grateful that my body can...
3. I feel calm when I...
4. Today, I need...
5. I can celebrate myself by...
6. To slow down and help myself feel more present, I can...
7. I advocate for myself by...
8. I can ask for help or support by...
9. My biggest obstacle lately has been...
10. This week, my wins were...



Practice self-care

Fill in the top 10 things that bring you happiness and help you feel more like yourself.

Example: Catching up with a friend/family member

1. _____	6. _____
2. _____	7. _____
3. _____	8. _____
4. _____	9. _____
5. _____	10. _____

Focus on inspiration

Jot down an inspiring quote or inspirational words below. Use your own words or those from others—both work!

Example: “I can’t change the direction of the wind, but I can adjust my sails to always reach my destination.”
– Jimmy Dean

Set goals

After practicing one or more of the writing exercises above, set a self-care goal for yourself. This can be something you want to accomplish today, next week, or next year—whatever works best for you. Consider saving this worksheet to look back on and track your progress.

Example: I’m going to schedule coffee with a friend.

