

Make Self-Care a Priority

Living with your disease, it's easy to put your own needs last. But taking care of yourself isn't selfish. We want to help you find new ways to make self-care a priority,
one step at a time.



Try These Activities

Set aside a little time to review the three helpful keys below, try the activities, and even write down suggestions of your own on the back.

Three Keys to Self-Care Motivation



Competence:

You know more than you think! You're already an expert on how your disease affects you. The more you build your self-care skills, the more motivated you'll be—whether it's getting regular sleep, eating well, or speaking confidently with your healthcare team.

For example:

List a self-care goal (like getting regular sleep) and how you'll reach it (go to bed at the same time each night).



Community:

Support from others makes self-care easier. Whether it's family, friends, or an online group, being part of a community helps you feel you belong.

For example:

Write the name of a group you belong to (or want to join)—maybe a book club or a local support group—and describe how it helps you.



Choice:

Even on tough days, you have "hidden choices." Maybe you can ask a friend for advice about a difficult decision, or you feel like ordering takeout instead of cooking. Recognizing these choices, big or small, can help you prioritize self-care.

For example:

Think of a recent challenge to your self-care and brainstorm a few ways you could handle it next time.



How Do You Motivate Your Own Care?

After thinking about the three keys on the other side, you might come up with other activities to boost self-care. Feel free to add your ideas here.



Competence:



Community:



Choice:



Putting It All Together

Building your self-care routine is a process—every small step counts. Be patient with yourself, celebrate your determination, and remember: every day is a new chance to give yourself the care you deserve.

