

Self-Care with MG

Building up self-esteem and practicing self-care may not always be easy when you're living with MG, so this worksheet was designed to help identify ways to boost your spirits. It may be a good idea to revisit this worksheet daily, weekly or as often as you find helpful.

Record your thoughts

Research has shown that journaling may help you achieve goals, track progress and growth, gain self-confidence and reduce stress.¹ Grab your notebook and consider using any or all of these journal prompts to help you find balance and 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.

Ex. Catching up with a friend/family member

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

Focus on inspiration

Jot down an uplifting quote or words of inspiration (your own or those from others both work!) here.

Ex. "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 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.

Ex. I'm going to get 30 extra minutes of sleep tonight.



Reference

1. Ullrich P, et al. *Ann Behav Med.* 2002;24(3):244-250.