



CMT
SELF
CARE

A 30-Day Journal with Ideas & Prompts

By Estela Lugo & the Hereditary Neuropathy Foundation | hnf-cure.org

YOU DESERVE THIS

Welcome to this 30-day journey of self-care, created especially for those of us living with Charcot-Marie-Tooth disease (CMT). Our community knows better than most the daily challenges and victories that come with navigating life with CMT. From the moment of diagnosis, our lives become a balancing act of managing symptoms, adapting to changes, and finding strength in our resilience. But amidst the doctors' visits, physical therapy sessions, and the unpredictability of our condition, one thing often gets overlooked—self-care.

Self-care is not just a luxury; it's a necessity. It's about more than just physical health; it's about nurturing our emotional well-being, embracing our unique experiences, and cultivating a sense of peace in the midst of our journey. For those of us with CMT, self-care is about recognizing that we are more than our diagnosis. It's about reclaiming our power, finding joy in small moments, and ensuring that we are living, not just existing.

This journal is your companion for the next 30 days—a gentle guide to help you prioritize yourself. Each day, you'll find prompts and activities designed to help you reflect, relax, and rejuvenate. Whether you're new to self-care or looking for new ways to nurture yourself, this journal is here to remind you that you are deserving of care, compassion, and kindness.

Remember, self-care is not selfish; it's self-preservation. It's a radical act of love in a world that often asks us to keep pushing forward, even when we need rest. So, as you turn these pages, allow yourself to slow down, to breathe, and to honor the incredible strength it takes to live with CMT. This is your time to focus on you—to listen to your body, your heart, and your soul.

Welcome to a month of self-discovery, healing, and empowerment. You deserve this.



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CMT SELF CARE

DAY 1

I AM TAKING CARE
OF MYSELF TODAY BY

BEING HONEST...



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CMT SELF CARE

DAY 1

NOT LYING TO MY
DOCTOR AND SAYING
"EVERYTHING'S GREAT,
NO CHANGE SINCE LAST
TIME"

@WOBBLY_JEN



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I AM TAKING CARE
OF MYSELF TODAY BY...

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CMT SELF CARE

DAY 2

I AM TAKING CARE
OF MYSELF TODAY BY
GETTING OUTSIDE...



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CMT SELF CARE

DAY 2

NATURE CAN SNAP US
OUT OF OUR HEAD-
SPACES AND RETURN US
TO A PLACE OF BEING
THAT FEELS A LOT
BETTER.

MERIAHNICHOLS.COM



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CMT SELF CARE

DAY 3

I AM TAKING CARE
OF MYSELF TODAY BY

MEDITATING...



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CMT SELF CARE

DAY 3

"YOU'RE NOT TRYING TO
TURN OFF YOUR
THOUGHTS OR FEELINGS.
YOU'RE LEARNING TO
OBSERVE THEM WITHOUT
JUDGMENT."

[HEADSPACE.COM](https://www.headspace.com)



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CMT SELF CARE

DAY 4

I AM TAKING CARE
OF MYSELF TODAY BY

VOLUNTEERING...



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CMT SELF CARE

DAY 4

"SOMETIMES, IT'S THE NICE THINGS THAT YOU DO FOR OTHERS THAT MAKE YOU FEEL LOVED IN RETURN."


FREEWHEELINTRAVEL.ORG



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CMT SELF CARE

DAY 5

I AM TAKING CARE
OF MYSELF TODAY BY
SCHEDULING "ME" TIME...



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CMT SELF CARE

DAY 5

SCHEDULE "ME TIME"
LIKE YOU WOULD
ANYTHING IMPORTANT
IN YOUR LIFE.
PRIORITIZE YOU.

[HNF-CURE.ORG](https://hnf-cure.org)



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CMT SELF CARE

DAY 6

I AM TAKING CARE
OF MYSELF TODAY BY

ASKING FOR A MASSAGE...



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CMT SELF CARE

DAY 6

"ASK A FRIEND,
FAMILY, OR PCA FOR A
MASSAGE TO GET THAT
BLOOD FLOWING."
(GREAT FOR COLD
FEET)

@WHEELCHAIR_RAPUNZEL



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CMT SELF CARE

DAY 7

I AM TAKING CARE
OF MYSELF TODAY BY

ASKING FOR HELP...



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CMT SELF CARE

DAY 7

**"ASKING FOR HELP WHEN
WE REALLY NEED IT IS
A SIGN OF STRENGTH,
NOT WEAKNESS"**

@EMBRACEIT_PODCAST

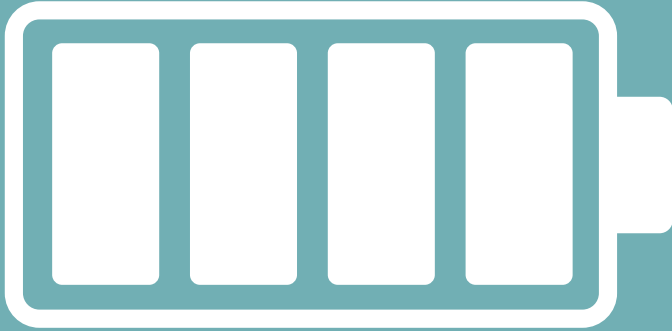


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OF MYSELF TODAY BY...**

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CMT SELF CARE

DAY 8

I AM TAKING CARE
OF MYSELF TODAY BY
RESTING (GUILT-FREE)



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CMT SELF CARE

DAY 8

RESPECT YOUR MIND &
BODY WHEN IT'S SEEKING
REST. HONOR YOURSELF
WHEN YOU NEED A MOMENT
FOR YOURSELF.

@EMBRACEIT_PODCAST



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CMT SELF CARE

DAY 9

I AM TAKING CARE
OF MYSELF TODAY BY

CONNECTING WITH OTHERS...



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CMT SELF CARE

DAY 9

CONNECT WITH PEOPLE
WHO UPLIFT YOU, MAKE
YOU FEEL GOOD, &
EMPATHIZE WITH
KINDNESS & PATIENCE.



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CMT SELF CARE

DAY 10

I AM TAKING CARE
OF MYSELF TODAY BY

MOVING MY BODY...



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CMT SELF CARE

DAY 10

MOVEMENT IS MEDICINE.
EVERY SINGLE SYSTEM IN
THE BODY RELIES ON US
MOVING. FOCUS ON THE
WAYS YOU CAN MOVE IN A
SAFE & HEALTHY WAY.



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CMT SELF CARE

DAY 11

I AM TAKING CARE
OF MYSELF TODAY BY

AVOIDING ALL THINGS TOXIC



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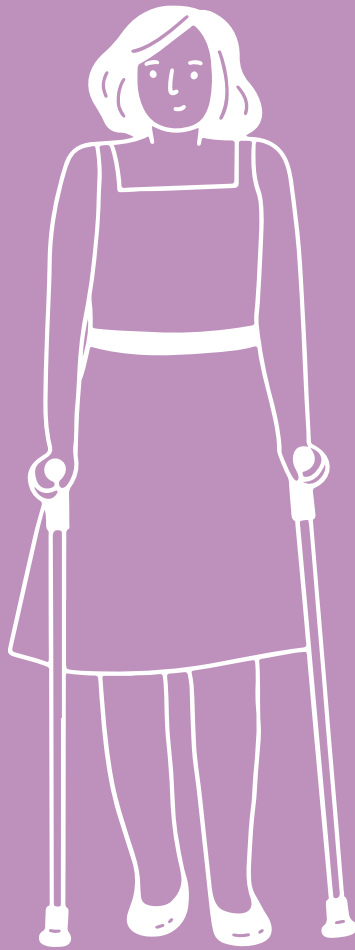
DAY 11

CERTAIN CHEMICALS,
ENVIRONMENTS, OR
RELATIONSHIPS CAN BE TOXIC
TO OUR PHYSICAL & MENTAL
HEALTH. TAKE INVENTORY &
ACT ACCORDINGLY.



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DAY 12

I AM TAKING CARE
OF MYSELF TODAY BY

USING MY MOBILITY AIDS



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DAY 12

MOBILITY AIDS (WHEN
CORRECTLY PRESCRIBED &
FITTED) ARE A MEANS OF
FREEDOM & INDEPENDENCE. NOT
USING THEM OUT OF SHAME OR
EMBARRASSMENT ONLY HURTS US
BY DENYING US LIVED
EXPERIENCES.

@EMBRACEIT_PODCAST



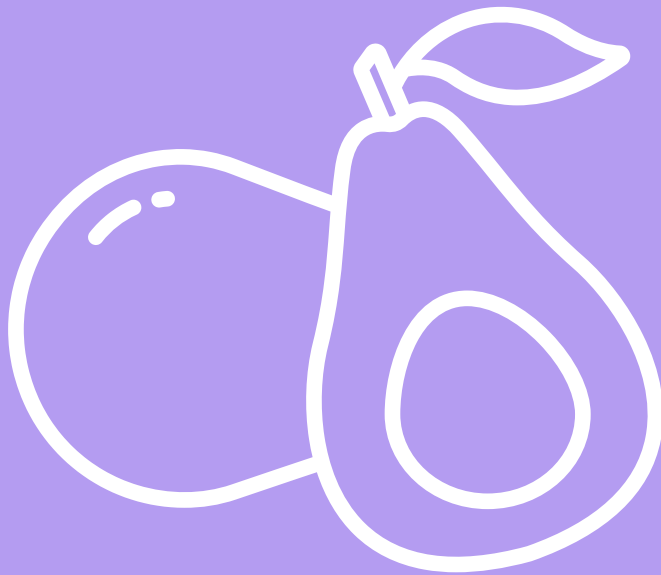
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CMT SELF CARE

DAY 13

I AM TAKING CARE
OF MYSELF TODAY BY

EATING CLEAN...



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CMT SELF CARE

DAY 13

EATING CLEAN FOOD IS NOT A FORM OF PUNISHMENT, BUT RATHER A WAY OF HONORING OURSELVES. IF WE LOVE OUR BODIES WITH HEALTHY FOODS, OUR BODIES WILL THANK US BACK WITH SURPRISING RESULTS.



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CMT SELF CARE

DAY 14

I AM TAKING CARE
OF MYSELF TODAY BY

LAUGHING MORE...



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CMT SELF CARE

DAY 14

"LIFE IS BETTER WHEN WE CAN
LAUGH AT OURSELVES & WITH
OTHERS. HUMOR IS THE ULTIMATE
ICEBREAKER, CONNECTOR, &
STRESS-RELIEVER... PLUS IT'S
CONTAGIOUS!

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**I AM TAKING CARE
OF MYSELF TODAY BY...**





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CMT SELF CARE

DAY 15

I AM TAKING CARE
OF MYSELF TODAY BY
PRACTICING GRATITUDE



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DAY 15

GRATITUDE HAS LASTING
EFFECTS ON THE BRAIN
& DIVERTS TOXIC EMOTIONS.
SHIFT YOUR FOCUS TO
SOMETHING YOU'RE GRATEFUL
FOR & NURTURE A HEALTHIER
MIND & BODY.

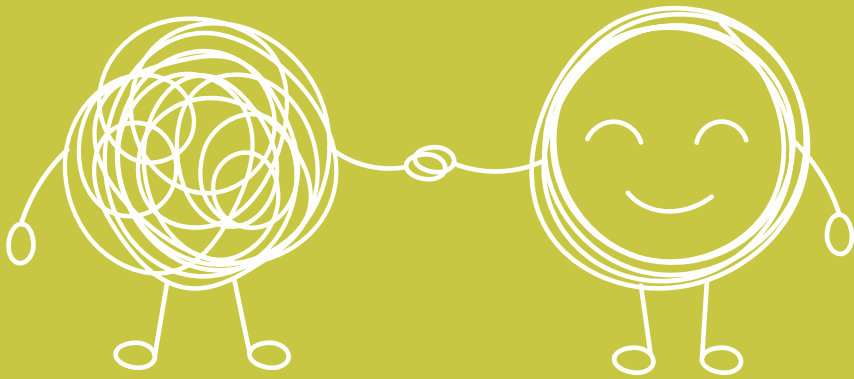


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CMT SELF CARE

DAY 16

I AM TAKING CARE
OF MYSELF TODAY BY

TALKING TO A THERAPIST...



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CMT SELF CARE

DAY 16

THErapy ISN'T JUST FOR
PERSONAL TRAGEDIES. IT CAN
ALSO REORIENT YOURSELF
TOWARD YOUR TRUE WANTS &
NEEDS, & TRAIN YOURSELF IN
THE ART OF SELF-COMPASSION.

@GREATIST.COM

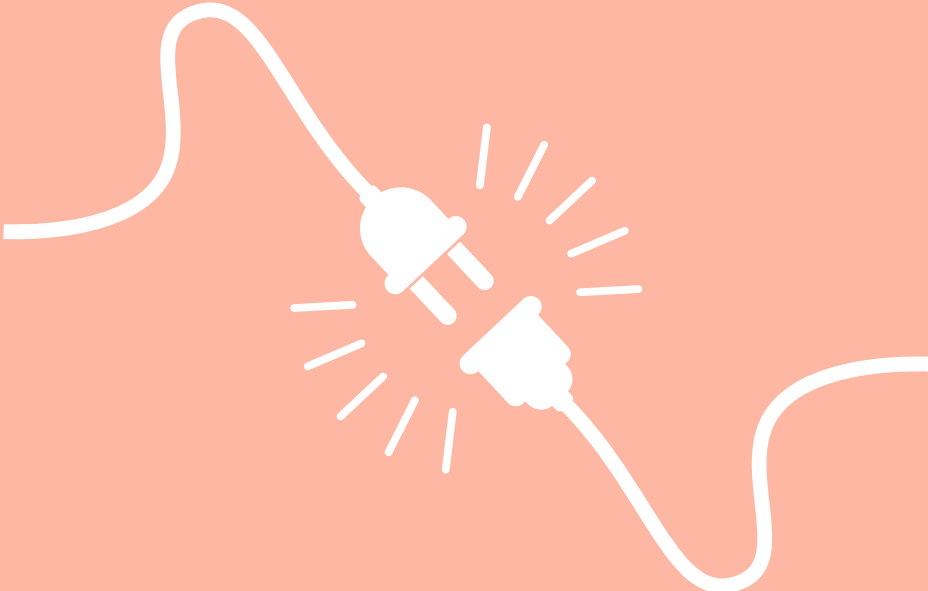


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CMT SELF CARE

DAY 17

I AM TAKING CARE
OF MYSELF TODAY BY

UNPLUGGING...



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CMT SELF CARE

DAY 17

"YOUR WORTH IS NOT
MEASURED IN LIKES,
COMMENTS, OR FOLLOWERS;
BUT IN YOUR ABILITY TO
LOVE YOURSELF &
OTHERS WELL."

@HUFFPOST.COM



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CMT SELF CARE

DAY 18

I AM TAKING CARE
OF MYSELF TODAY BY

TURNING UP SOME TUNES...



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CMT SELF CARE

DAY 18

"MUSIC INCREASES OUR
DOPAMINE LEVELS – THE
"FEEL GOOD" HORMONE. IT
CAN HELP MOTIVATE US,
CALM OUR NERVES &
PROCESS EMOTIONS."

@TENDACADEMY.CA



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OF MYSELF TODAY BY...**

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CMT SELF CARE

DAY 19

I AM TAKING CARE
OF MYSELF TODAY BY
JOURNALING...



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CMT SELF CARE

DAY 19

"JOURNALING IS INCREDIBLY
BENEFICIAL FOR REDUCING
STRESS, CLARIFYING
THOUGHTS & FEELINGS, &
ULTIMATELY HELPING YOU
GET TO KNOW YOURSELF
BETTER."

@THRIVEWORKS.COM

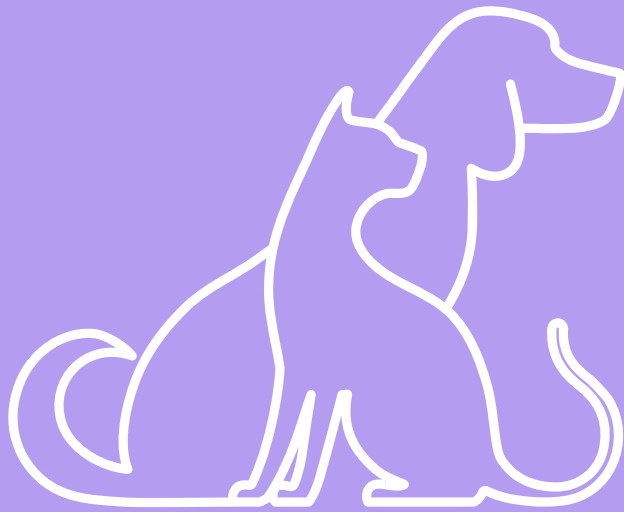


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CMT SELF CARE

DAY 20

I AM TAKING CARE
OF MYSELF TODAY BY
CARING FOR AN ANIMAL



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CMT SELF CARE

DAY 20

"CARING FOR A PET IS A GREAT WAY TO GET OUTSIDE OF YOURSELF & GIVE YOU A SENSE OF BEING NEEDED. ANIMALS CAN BRING JOY & COMPANIONSHIP INTO YOUR LIFE & HELP YOU FEEL LESS ISOLATED."

[@NEWHEIGHTSTHERAPY.COM](https://www.instagram.com/newheightstherapy.com)

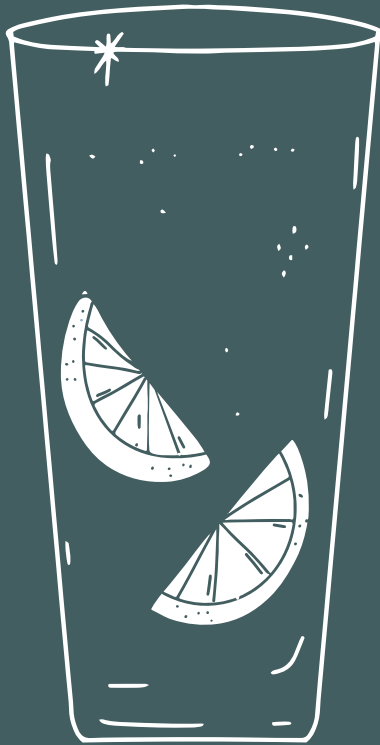


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CMT SELF CARE

DAY 21

I AM TAKING CARE
OF MYSELF TODAY BY

HYDRATING...



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CMT SELF CARE

DAY 21

"THE IMPORTANCE OF
HYDRATION IS ESSENTIAL FOR
PHYSICAL & MENTAL HEALTH.
DRINKING PLENTY OF WATER
INCREASES ENERGY, WEIGHT
LOSS, PREVENTS HEADACHES &
BOOSTS YOUR MOOD"

@NEWHEIGHTSTHERAPY.COM



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CMT SELF CARE

DAY 22

I AM TAKING CARE
OF MYSELF TODAY BY
GETTING CREATIVE...



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CMT SELF CARE

DAY 22

"CREATIVE ACTS HAVE BENEFITS THAT ARE GOOD FOR OUR BRAIN & PHYSICAL HEALTH. CREATIVITY ALSO HELPS US CONNECT WITH WHO WE ARE ON A DEEPER LEVEL."

[@WELLBALANCEDWOMEN.COM](https://www.wellbalancedwomen.com)



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CMT SELF CARE

DAY 23

I AM TAKING CARE
OF MYSELF TODAY BY

TRYING SOMETHING NEW...



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CMT SELF CARE

DAY 23

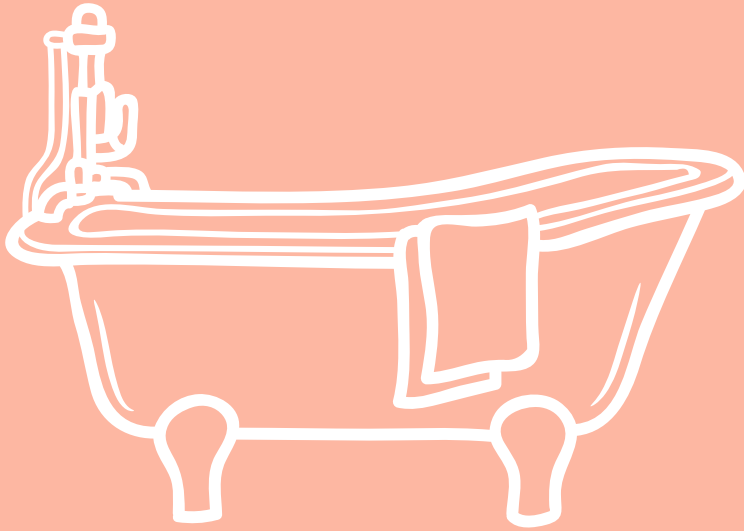
"THE MAGIC OF STEPPING
OUT OF YOUR COMFORT
ZONE IS THAT EACH TIME YOU
DO, THE ZONE EXPANDS:
WHAT WAS ONCE SCARY, NO
LONGER IS."

@MINDHATCHLLC.COM



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CMT SELF CARE

DAY 24

I AM TAKING CARE
OF MYSELF TODAY BY

TAKING A RELAXING BATH



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CMT SELF CARE

DAY 24

"SOAKING IN A WARM BATH
RELIEVES MUSCLE PAIN &
JOINT TENSION, & ALSO HELPS
YOU TO SLOW DOWN, &
PROCESS THOUGHTS FOR
CLARITY OF MIND"

@MINDHATCHLLC.COM



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CMT SELF CARE

DAY 25

I AM TAKING CARE
OF MYSELF TODAY BY

BREATHING DEEPLY
& MINDFULLY...



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CMT SELF CARE

DAY 25

"BY BREATHING IN THROUGH YOUR CHEST, YOUR BODY ASSUMES IT'S IN FIGHT OR FLIGHT MODE, CAUSING ANXIETY. BY BREATHING IN THROUGH YOUR BELLY, YOUR BRAIN WILL GET MORE OXYGEN, TRIGGERING THE RELAXATION RESPONSE."

[@DEEPWATERMICHIGAN.COM](https://www.deepwatermichigan.com)



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CMT SELF CARE

DAY 26

I AM TAKING CARE
OF MYSELF TODAY BY
GARDENING...



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CMT SELF CARE

DAY 26

"THERE ARE PHYSICAL & EMOTIONAL BENEFITS TO TENDING TO PLANTS. THE IDEA IS TO SLOW DOWN, DISCONNECT & FOCUS YOUR COMPLETE ENERGY ON THE TASK AT HAND."

[@EVERYDAYHEALTH.COM](https://www.everydayhealth.com)

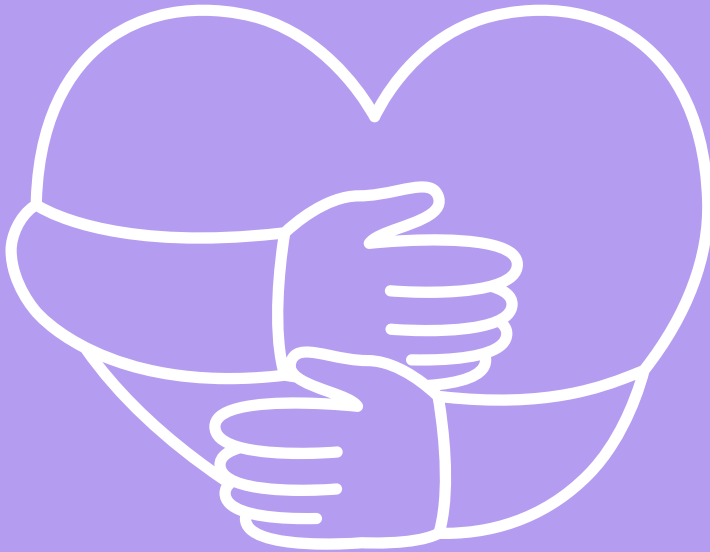


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CMT SELF CARE

DAY 27

I AM TAKING CARE
OF MYSELF TODAY BY
SAYING "NO"...



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CMT SELF CARE

DAY 27

"THE ABILITY TO SAY NO IS LESS ABOUT BEING HARD OR COLD & MORE ABOUT STANDING UP FOR YOURSELF DESPITE PRESSURES. IT'S ABOUT SAYING "YES" TO YOU & YOUR WELLNESS."

@THEEVERYGIRL.COM



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**I AM TAKING CARE
OF MYSELF TODAY BY...**



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CMT SELF CARE

DAY 28

I AM TAKING CARE
OF MYSELF TODAY BY
DECLUTTERING...



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CMT SELF CARE

DAY 28

"CLUTTER CAN BE THE CAUSE
OF STRESS, ANXIETY &
DEPRESSION. DECLUTTERING IS A
POWERFUL FORM OF SELF-CARE
THAT CAN BE USED TO
TRANSFORM OUR LIVES."

@SIMPLESLOWLOVELY.COM



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OF MYSELF TODAY BY...**



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CMT SELF CARE

DAY 29

I AM TAKING CARE
OF MYSELF TODAY BY
SETTING INTENTIONS...



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CMT SELF CARE

DAY 29

"SETTING AN INTENTION IS
LIKE DRAWING A MAP OF
WHERE YOU WISH TO GO—IT
BECOMES THE DRIVING FORCE
BEHIND YOUR GOALS AND
VISIONS."

[@MINDBODYGREEN.COM](https://www.mindbodygreen.com)



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CMT SELF CARE

DAY 30

I AM TAKING CARE
OF MYSELF TODAY BY

FORGIVING MYSELF
& OTHERS...



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CMT SELF CARE

DAY 30

FORGIVENESS CAN BE THE
ULTIMATE ACT OF SELF-
CARE. "TO FORGIVE IS TO SET A
PRISONER FREE & DISCOVER
THAT THE PRISONER WAS YOU."
- LOUIS B. SMEDES"

@WORKITHEALTH.COM



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**I AM TAKING CARE
OF MYSELF TODAY BY...**



A series of 20 horizontal light blue lines for writing, stacked vertically and starting from the top of the page below the title.

CELEBRATE YOU

As we come to the end of this 30-day journey, I want to take a moment to celebrate you—your courage, your commitment, and your dedication to self-care. Each day you have shown up for yourself, despite the challenges and uncertainties that living with Charcot-Marie-Tooth disease can bring. You've taken the time to listen to your body, to nurture your spirit, and to prioritize your well-being. This is no small feat, and I hope you recognize the strength it took to do this for yourself.

Self-care is a lifelong journey, not a destination. The practices you've explored over the past month are just the beginning. As you move forward, I encourage you to continue making space for yourself daily. Whether through moments of mindfulness, connecting with loved ones, or simply permitting yourself to rest, remember that your well-being matters. You deserve to feel supported, loved, and cared for—by others and, most importantly, by yourself.

Living with CMT is a unique experience, filled with its own set of challenges and triumphs. But through it all, never forget the importance of caring for yourself. You are not alone in this journey; our community is here to support and uplift one another. As you close this journal, carry with you the lessons, the insights, and the sense of empowerment you've gained.

Thank you for allowing this journal to be a part of your self-care journey. May it serve as a reminder that no matter where you are, taking care of yourself is an act of strength, resilience, and love.

You are strong. You are worthy. And you are never alone.

With heartfelt gratitude
& encouragement,

Estela

HNF CARES

It's important to recognize that self-care extends beyond the individual—it's also about being part of a community that supports and uplifts each other. At the Hereditary Neuropathy Foundation (HNF), we ensure that you don't have to navigate life with Charcot-Marie-Tooth disease (CMT) alone.

HNF's Commitment to You

HNF is dedicated to advancing research, providing essential resources, and building a strong network for the CMT community. Our efforts include:

Research: We are leading initiatives in therapeutic development and gene therapy exploration, with the ultimate goal of finding effective treatments and a cure for CMT.

Support: HNF offers various resources, including educational webinars, workshops, and advocacy efforts, all designed to empower and inform the CMT community.

Community: We foster a sense of belonging through our Patient-Centered Summits, social media groups, and events where individuals and families can connect, share experiences, and support each other.

Stay Connected and Get Involved

The work we do at HNF is made possible by the dedication and involvement of people like you. Whether you're interested in participating in research, attending events, or simply staying informed, there are many ways to get involved and contribute to our mission.

We encourage you to visit our website at www.hnf-cure.org for more information about our research initiatives, support programs, and upcoming events. If you have any questions or want to learn more about how you can contribute, please email us at info@hnf-cure.org.

DONATE



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