



Hi!

LYME DISEASE

Diagnosis

July 2023

Severe Neck Pain
(without stiffness)

Cold/Flu-Like Symptoms

Exhaustion / Lethargy

No Rash



SET UP FOR SUCCESS

Getting present in my body

Moving & Mindfulness

Hydrating & Nourishing



MAINTAIN WELL

Tend to ongoing things
regularly, bite-sized steps

One thing at a time

Intentional Rest



PUSH MYSELF

Have a plan & expectations

Reach for the edge -
even failure is progress

Trust myself to know my limit
and be aware of cues



KNOW WHEN TO STOP

Plan for organized endings

Know what 'stopping'
looks/feels like

Be flexible with expectations

DIFFERENT EVERY DAY

**THERE ARE NOT ENOUGH WORDS
TO EXPLAIN TO ANYONE WHAT
DEEP, TENDER REST FEELS LIKE.**

REST MUST BE PRACTICED DAILY
UNTIL IT BECOMES OUR FOUNDATION.

-TRICIA HERSEY

REST IS RESISTANCE (2022)



ROSE



Adult Children of Alcoholics®
& Dysfunctional Families
World Service Organization

www.adultchildren.org

Recovery & Re-Parenting

This is a spiritual program based on action coming from love. We are sure that as the love grows inside you, you will see beautiful changes in all your relationships, especially with God, yourself, and your parents.

I continue to navigate surprises
around my limitations with Lyme

THORN



My Farm

Farmer Wellness

BUD



A halved peach is shown on the left side of the image. A round chocolate cookie is placed on the peach half, partially overlapping the text.

JUICY PEACH

Learning Swedish
(hope to visit)

An illustration of a woman with long purple hair, wearing a green dress, watering various potted plants with a purple hose. The plants include a tall green plant, a plant with orange flowers, and a plant with purple flowers. The background is a solid green color.

THANK YOU

email me anytime:
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