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This daily self-directed health and wellness checklist was designed to encourage you to become an active participant in your own healing journey and serves as a companion piece to the Lyme Care Resource Center's health & wellness brochure that is available at lymecenter.org/wellness-tips/.

Keep track of your daily progress with a system that works for you, such as:

- ◇ "I'm a diamond in the rough & just starting to work on this"
- ↗ "I'm making progress"
- ✓ "I'm rockin' it"

The Lyme Care Resource Center takes a holistic and pro-active view of self-care during Lyme disease recovery, because a life of wellness involves a life of balance. Body, mind, and spirit are not separate entities but are intimately connected. An imbalance in one of these can both create and be the result of an imbalance in another. This daily health & wellness checklist is not meant to be a hard and fast prescription, but rather a suggestion for potentially beneficial new paths of coping and healing while living with Lyme disease.

COPING WITH CHRONIC LYME DISEASE

HEALING WORDS to consider bringing into a daily mindfulness practice:

PATIENCE	BREATH	CONNECTION	FORGIVENESS
AWARENESS	TRUST	COMPASSION	GRATITUDE
INTENTION	HEARTFULNESS	GIVING	INTUITION
ENGAGEMENT	FAITH	LISTENING	RESILIENCE
PACE	TRUTH	LAUGHING	GROWTH

HEALING JOURNEY REFLECTIONS:

1. I am experiencing change to my life as I once knew it.
2. I choose not to look back with grief, anger, or shame, but rather only to see how far I have come.
3. I accept where I am with my illness and will deal with my journey as best as I can.
4. I realize that this journey to wellness is not easy and I cannot do it alone.
5. I seek first for a higher source and power greater than my own to give me courage, wisdom, and help with self-direction.
6. I will find resources, people, community, and organizations to support me on this journey.
7. I will, to the best of my ability each day, take steps, however big or small, to work toward and experience wellness in body, mind, and spirit.
8. I will do my best to live every day with gratitude and appreciation for where I am in that moment.
9. I realize that I may stumble along the way, but I will reach to a higher source for resilience to keep me going.
10. I will cope, with hope, and have the faith that each day will bring me a bit more healing.

