



Rooted in Resilience: 15 Minutes to Wellness

By Tyaisha B. Dillon



Dear Beautiful Soul,

Welcome,

I'm Tyaisha B. Dillon, and I'm sharing my 25-year journey with young onset Parkinson's to inspire and motivate you to start your wellness journey. This book is a love letter to those facing unexpected challenges, embracing progress, and celebrating small victories.

Whether you're here for health, motherhood, or self-care, this book is for you. Use a journal, print this eBook, or access linked Google Docs to jot down your thoughts. Read this eBook in its entirety, I have included a free gift at the end. Also, for my full story, explore my memoir when it comes out. For details follow [Aly Creative, LLC](#) |

Let's navigate this journey together.

With love and resilience,
Tyaisha B. Dillon

Tyaisha B. Dillon



Pre- Assessment: Where Are You Now?

Before we begin, let's take a moment to reflect on where you are today. This will help you identify areas where you're thriving and others where you'd like to grow. Put a check by the top three areas you want to focus on.

1. Physical Health: How well do you feel physically?
2. Mental Clarity: How focused and sharp is your mind?
3. Emotional Resilience: How well do you handle stress?
4. Energy Levels: How energetic do you feel throughout the day.
5. Self-Care Habits: How consistently do you prioritize your needs?



Reflection Questions:

- Which area feels strongest?
- Where would you like to focus first?
- What is one small habit you'd like to start today?

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Part 1: Awareness – Understanding Your Starting Point



The Power of Awareness

Journal Entry 1: Shaken, but Not Broken (2001)

At 21, I thought I had everything figured out until life threw unexpected challenges my way. This moment would become a catalyst for change, teaching me that awareness is the first step toward resilience.

Journal Entry 2: The First Symptoms (2001)

Facing my first symptoms was daunting. I learned to observe my body and emotions, realizing that understanding my experiences was essential for growth. I also realized that to overcome this illness, I needed to identify the obstacles in my path and actively work to remove them.

Worksheet 1: Removing Roadblocks Worksheet

This is a simple chart designed to help you identify and address challenges and to quickly adapt while staying positive and focused.

Step 1: Identify Your Roadblocks

Think about what might be stopping you from reaching your goals. Write them down and pair each one with a solution.

Roadblock	Why It's a Challenge	My Fun and Easy Solution
Example: I'm too tired after work	Work drains my energy	Do a 5-minute stretch while watching my favorite show

Step 2: Focus on Positivity

For each roadblock, write down one reason you can overcome it.

Roadblock	Why I CAN Overcome This
Example: I'm too tired after work	I've overcome tired days before, and small habits add up!

Step 3: Take Action Today

Choose one roadblock and take a small action to tackle it right away.

Roadblock	My First Action Step	When You Will Implement
Example: I'm too tired after work	Pack workout clothes the night before	Tonight at 9 PM

Step 4: Celebrate Your Progress

After completing your first action step, take a moment to celebrate—do a happy dance!

Use this space to journal about one accomplishment you're proud of:

Learning to Listen to Your Body

Journal Entry 3: Learning to Laugh and Limp (2001)

At first, I did not want to admit that I was ill. I had secretly desired this to be just a bad dream and that my life would be normal when I woke up...but that did not happen. So, I had to face my illness head on. Admitting my struggles was liberating. I learned that listening to my body was crucial in navigating my health journey and that vulnerability can lead to strength.

Journal Entry 4: Exercising with Tina (2005)

Being aware of your energy peaks and valleys helps you understand your natural rhythms, equipping you with the tools to navigate both high-energy moments and low-energy periods. When you track your energy throughout the day, you can predict when you're likely to feel more energetic or drained. This insight allows you to make smarter decisions about how to allocate your time, when to rest, and when to push forward.

For example, if you know that your energy is highest in the morning, you can schedule demanding tasks—whether work, exercise, or mentally challenging activities—during that peak time. Conversely, if afternoons are often a low-energy period for you, you might plan for lighter tasks or use that time to recharge with activities like meditation, a short walk, or a rest.

This awareness prevents frustration and burnout by enabling you to work with your body's natural rhythms, instead of against them. Rather than trying to push through a low-energy moment, risking exhaustion, you can intentionally use that time to nurture yourself and return to your peak with renewed strength. Over time, this practice helps you stay balanced, resilient, and stress-free.

Working out with Tina at Feel Good Fitness taught me that movement is about adaptation. I began to see how exercise could empower both my body and mind. Tina didn't just give me exercises—she designed creative, personalized movements to suit my needs. She made adjustments on the spot, using resistance bands, stability balls, and light weights to build my strength. Each workout was a unique experience, thoughtfully crafted to challenge me while respecting my limits.

On days when my body betrayed me, Tina turned those challenges into opportunities for growth. If my legs cramped, she'd pivot to arm exercises without missing a beat. If I struggled with balance, she'd guide me through mat exercises. There was never a moment of "You can't do this." Just "We'll find a way." Life, much like exercise, has its peaks and valleys. How do you plan to persevere?

Worksheet: Mapping Peaks and Valleys

Purpose: This exercise is designed to help you track and understand your energy levels throughout the day. By identifying when you experience peaks (high energy) and valleys (low energy), you can make better decisions about how to structure your time and optimize your performance, self-care, and recovery.

Instructions: Spend 10 minutes tracking your energy levels throughout the day. Use the table below to note when your energy is high or low and any relevant activities or feelings associated with each period.

Time of Day	Energy Level (1-10)	Activities	Feelings
Morning			
Afternoon			
Evening			



Part 2: Alignment – Designing Your Personalized Routine

Building Your Wellness Routine

Entry 5: Loss and Renewal (2010)

Experiencing loss was transformative. It propelled me to create a personalized =routine that honored my journey and fueled my growth. Dig deep and determine what will fuel your desire to commit to changing your life?

Entry 6: Juicing Was My Secret Sauce (2010)

Juicing became a symbol of reclaiming control over my health. This simple habit energized me and reinforced my commitment to wellness.

Worksheet 3: Creating Your Daily Wellness Plan Instructions: Creating a wellness routine is easy, once you have identified what motivates you. So, let's craft your wellness plan and include activities that nourish your body, mind, and spirit.

Time	Activity	Duration	Notes
Morning			
Midday			
Evening			

The Three Transformative Steps

Step 1: Start Small and Build Momentum

Focus on small, achievable goals to create lasting habits.

Step 2: Embrace Movement for Body and Brain

Incorporate movement into your daily routine, whether through walking, stretching, or adaptive workouts.

Step 3: Nourish Inside Out

Fuel your body with nutritious foods and hydration.

Recipes and Tips Included

Worksheet 4: Brain Health Instructions: Check off the actions you commit to for brain health.

Action	Done?
Drink enough water daily	
Include leafy greens in meals	
Practice mindfulness daily	
Engage in physical activity	

Part 3: Action – Living Your Resilient Life

Empowerment Through Action

Journal Entry 7: Finding My Voice (2013) Discovering my voice was pivotal. It empowered me to advocate for my health and assert my needs.

Journal Entry 8: Serendipity at the Museum (2015) While visiting a museum, I unexpectedly crossed paths with my former physical therapist. He was amazed by my progress and shared that he, too, had been diagnosed with Parkinson's. Seeing me thrive gave him hope. In that moment, I realized my perseverance wasn't just for me—it was inspiring others, even those who once guided me.

To my younger self, I'd say: *You never know who you're inspiring. Keep going, because your journey matters—not just for you, but for everyone watching you fight.*

Worksheet 5: Creating a Self-Care Commitment Plan Instructions: Outline your self-care commitments for the week ahead.

Day	Self-Care Activity	Duration	How You'll Feel After
Monday			
Tuesday			
Wednesday			

Advocating for Yourself and Others

Journal Entry 9: Empowering Others (2020)

Sharing my journey became a source of strength for many. I learned that advocacy is a powerful tool for change.

Journal Entry 10: Advocating for Change (2023)

Today, I strive to ensure equitable healthcare access for all, turning my challenges into a mission.

Worksheet 6: Identifying Your Support System Instructions: List people and resources that support your wellness journey.

Name/Resource	How They Support You	How to Reach Out

Conclusion

This journey is all about building awareness, alignment, and taking action toward a resilient life. You have the tools to create the change you desire. Remember, every small step counts.

With love and resilience,

Tyaisha B. Dillon



Post-Assessment: Reflecting on Your Journey

Place a check mark on the top two area you have made the most improvements in?

1. **Physical Health:** ____
2. **Mental Clarity:** ____
3. **Emotional Resilience:** ____
4. **Energy Levels:** ____
5. **Self-Care Habits:** ____

Reflection Questions:

- What wins are you celebrating?
- What areas still need attention?
- What's your next small step?

Epilogue: A Letter of Encouragement

Dear Beautiful Soul,

Setbacks are temporary, but resilience lasts. Keep pushing forward, keep laughing, and share your story. You never know whose life you'll change—including your own.

With love, Tyaisha *B. Dillon*

Click the QR code for your free gift

