



Rooted in Resilience

15 Minutes to Wellness

A practical workbook for awareness,
alignment, and action.

By Tyaisha B. Dillon

Small steps. Flexible routines. Room to begin again.

Dear Beautiful Soul

I am a mom, wife, scientist, advocate, and educator who happens to have Parkinson's. After 28 years with Parkinson's, I know that small steps deserve to be celebrated.

This workbook is a love letter to people facing unexpected challenges. Whether you are navigating a health condition, caring for someone else, or trying to make room for yourself, you do not have to do everything at once.



My story is personal, not a prescription. What supported me may not be right for you. Use these pages to notice your needs, make a realistic plan, and ask for support when you need it.

You do not have to finish this workbook in one sitting. Start with the 15-minute routine, choose one worksheet, and return whenever you are ready. Rest, adaptation, and beginning again all belong here.

With love and resilience,
Tyaisha B. Dillon

Before you begin

Education, not medical care

This workbook shares personal experience and general wellness education. It is not medical advice, a diagnostic tool, therapy, or a treatment plan. It does not claim to prevent, treat, cure, or reverse Parkinson's or any other condition. Results and experiences vary.

Continue prescribed care. Speak with a qualified healthcare professional before changing exercise, diet, fluids, or other health practices, especially if you have balance, swallowing, breathing, heart, or other health concerns. Follow any individualized restrictions.

Choose activities appropriate for your abilities and surroundings. Movement is optional. Stop if an activity causes pain, dizziness, breathlessness, or other concerning symptoms. Seek medical attention for new or worsening symptoms; use emergency services for urgent symptoms.

Choice and privacy

Skip any prompt that feels uncomfortable. You may write, type, dictate, or simply think through your response. Keep personal reflections private unless you choose to share them. There is no requirement to disclose health information to a facilitator or group.

Personal-use edition

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Revised edition: September 2026. Self-reflection prompts are educational and have not been established here as validated clinical measures.

Your path through the workbook

Three stages. One manageable next step. The page numbers below help you find what you need without reading everything first.

START WITH	PAGE
Your 15-minute routine	5
Your starting-point reflection	6
Awareness: notice needs and roadblocks	7-11
Alignment: design a realistic routine	12-14
Action: advocate, connect, and practice	15-19
Reflect and adjust	20-22
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Read it your way

First visit: Read the safety guidance, try page 5, and complete page 6 if you wish. The starting-point reflection can be a separate session.

Each day: Choose one activity, not every worksheet. Fifteen minutes is a practice window, not a promise of a health result.

After seven days: Revisit your reflections on page 20. Notice what helped and what needs adjusting, including if nothing changed.

Digital edition: download and open in a PDF reader that supports forms, such as Adobe Acrobat Reader. Save a new copy, type into the boxes, and save again. Keep typed responses brief and check they are fully visible before printing. For longer entries, use a separate journal. Printable edition: use a pen.

Your 15-minute routine

Use this as a flexible container for your day. You can split it into shorter sessions. Follow the safety guidance on page 3 and your own care plan.

MINUTES	STEP	TRY THIS
0-3	AWARENESS	Pause. Notice your energy, comfort, and emotions. Ask: What do I need today?
3-8	ALIGNMENT	Choose one suitable action: comfortable movement, a quiet rest, preparing a familiar nourishing snack, or connecting with someone supportive.
8-13	ACTION	Complete one worksheet prompt or take one small practical step. Choose just one.
13-15	REFLECT	Record what you noticed and one next step. Acknowledge your effort, whether or not you feel different.

A lower-energy option: three minutes

One minute to notice what you need. One minute for a comfortable pause or a small support action. One minute to name your next step. Stopping there is allowed.

Today I choose...

The goal is a usable routine, not perfect attendance. Rest and asking for help can be your action.

Your starting point

Date: _____ Choose a consistent time of day if helpful.

Think about the past seven days. For each statement, enter a number from 1 to 5, or N/A if it does not fit. These are personal reflections, not health scores. Do not add them into a total.

1 = Not at all true for me | 2 = Slightly | 3 = Somewhat
4 = Mostly | 5 = Very true for me | N/A = Not applicable

STATEMENT	1-5 / N/A
I adapted my daily activities to my physical needs.	
I could focus on a small task that mattered to me.	
I had a way to respond when I felt stressed.	
I planned activities with my energy level in mind.	
I made time for a self-care action or supportive rest.	

What is already supporting me?

What is one area I would like to explore?

Use the same statements on page 20. No improvement is required. Changes can reflect many things, not just this workbook.

Awareness: notice your starting point

Journal entry 1: Shaken, but Not Broken

At 21, I thought I had everything figured out until life threw unexpected challenges my way. That experience became a turning point, teaching me that noticing what was happening was a first step toward adapting.

Journal entry 2: The First Symptoms

Facing my first symptoms was daunting. I learned to observe my body and emotions, realizing that understanding my experiences mattered. I began identifying obstacles in my daily life and looking for practical ways to address them, with support.

Awareness does not mean blaming yourself or finding a solution immediately. It means making room to notice what is real for you today.

What am I noticing in my body, energy, or emotions?

What is within my influence, and where might I need support?

A change you notice is information, not a diagnosis. Bring new or concerning symptoms to a qualified healthcare professional.

Name the roadblock

Choose no more than two obstacles. Aim for a realistic adjustment rather than a perfect solution.

Example: I am too tired after work. / My demanding tasks use most of my energy. / I could try a five-minute activity earlier, or choose rest and plan another time.

Roadblock 1

What is getting in the way?

Why is it difficult for me?

What adjustment or support could help?

Roadblock 2

What is getting in the way?

What adjustment or support could help?

Take one small step

Choose one roadblock from page 8. Make the next action small enough to fit your current capacity.

My next action is...

When and where will I try it?

What supplies, access, or support will I need?

If my first plan is not possible, my gentler alternative is...

Afterward: acknowledge the effort

What did I try, and what did I notice?

One thing I appreciate about my effort is...

If you did not take the step, record what got in the way. That information can help you adjust the plan. It is not a failure.

Listen to your body

Journal entry 3: Learning to Laugh and Limp

At first, I did not want to admit that I was ill. I wanted it to be a bad dream and hoped life would feel normal when I woke up. Accepting my struggles helped me ask for what I needed. I learned that vulnerability and strength can exist together.

Journal entry 4: Exercising with Tina

Working out with Tina at Feel Good Fitness taught me that movement is about adaptation. She used resistance bands, stability balls, and light weights, adjusting the session to my needs and limits.

When one activity was difficult, she looked for another approach. That experience helped me see the value of support and flexibility. It was not about proving I could push through everything.

Tracking energy may help you notice patterns and plan around them. Those patterns can change with sleep, symptoms, medication, stress, and other factors. You do not have to predict or control every day.

What does an ordinary higher-energy period look like for me?

What might tell me it is time to rest, adapt, or ask for help?

My exercise experience is not an exercise prescription. Ask your healthcare team about safe, appropriate activities for you.

Map your energy

Date: _____

Take about one minute in the morning, afternoon, and evening to record what you notice. Repeat on another day if useful; one day does not establish a pattern.

Energy: 1 = very low for me; 10 = very high for me. Use your own sense of energy. No score is a target.

TIME	ENERGY 1-10	ACTIVITY / CONTEXT	WHAT I NOTICED
Morning			
Afternoon			
Evening			

When might I place one demanding task?

Where could I make room for rest or support?

If fatigue is persistent, new, or worsening, discuss it with a healthcare professional rather than relying on tracking alone.

Alignment: build around your life

Journal entry 5: Loss and Renewal

Experiencing loss changed me. It encouraged me to create a routine that honored my journey and made room for what mattered. A routine did not erase the loss, but it offered a practical way to care for myself.

Journal entry 6: Juicing Was My Secret Sauce

For me, juicing became a symbol of paying attention to nourishment and reclaiming a sense of agency. It was one personal habit, not a treatment or a requirement for anyone else.

Your routine can use familiar foods, accessible activities, and the support available to you. You do not need special equipment, supplements, or a new identity to begin.

What matters enough to me to make room for one small habit?

What existing part of my day could remind me to try it?

Food and fluid needs vary. Follow individualized advice, including any restrictions or guidance about swallowing, blood sugar, or medication timing.

Design a routine that fits

Start with one row. The other rows can stay blank. A routine should support your day, not become another burden.

TIME / CUE	ONE ACTION	MINUTES	SUPPORT OR ADAPTATION
Morning			
Midday			
Evening			

My minimum version on a difficult day is...

What might get in the way, and what is my backup plan?

When will I check whether this routine still fits?

Example: After breakfast, spend three minutes choosing one priority. On a difficult day, simply name the priority and ask for help if needed.

Choose one way to care for yourself

Use these as options, not a daily checklist of obligations. Follow your care plan and choose what is accessible to you.

Move, if appropriate

Choose comfortable movement that you already know is safe for you, or ask a qualified professional for guidance. Rest is an alternative, not a lesser choice.

Nourish

Plan a familiar meal or snack that fits your needs and resources. If helpful, include a fruit or vegetable you enjoy. Follow any food or fluid restrictions. No recipe, juice, or supplement is required.

Pause

Sit or rest in a comfortable place. Notice your surroundings, listen to music, or spend a quiet moment without a task. You do not have to close your eyes or change your breathing.

Connect

Reach out to someone you trust. Ask for company, practical help, or a listening ear. You decide what to share.

My choice today, and why it fits:

Small choices can support a routine. They do not replace treatment or guarantee a change in symptoms, mood, or brain health.

Action: let your voice matter

Journal entry 7: Finding My Voice

Discovering my voice was pivotal. I learned to advocate for my health and explain my needs. Speaking up did not mean having every answer. It meant recognizing that my experience belonged in the conversation.

Journal entry 8: Serendipity at the Museum

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. Our conversation reminded me that encouragement can move in both directions.

To my younger self, I would say: Your journey matters, including the parts no one sees. You do not owe anyone a story of constant progress.

Where would I like my needs to be better understood?

What is one sentence I could use to express that need?

You can write a request down, bring a trusted support person, or ask for more time. There is more than one way to advocate.

Prepare to ask for what you need

Journal entry 9: Empowering Others

Sharing my journey became a source of connection. I learned that advocacy can begin with a question, a resource, or a conversation.

Journal entry 10: Advocating for Change

My experiences helped shape my commitment to equitable healthcare access. I want people and families to have practical information and a voice in decisions that affect them.

A simple request: I have noticed _____. It affects me by _____. I would like help with _____. What would you recommend as the next step?

What do I want the other person to understand?

My question or request:

What answer or next step do I want to write down?

For a healthcare conversation, consider asking: What are my options? What are the benefits and risks? What changes should prompt me to contact you?

Map your support system

Include people, healthcare professionals, community services, or practical resources. Only add contact details you are comfortable keeping in this workbook.

PERSON / RESOURCE	HOW THEY CAN HELP	HOW I WILL CONNECT

One specific request I could make this week:

If that support is unavailable, another option is...

You do not have to build a large network. One safe, reliable point of support is a place to start.

Your seven-day plan

Plan one manageable action or rest period each day. Leave space for changes. Use the same action more than once if it helps.

DAY	ACTION OR REST	MINUTES	CUE / SUPPORT
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

What can I remove or simplify to make this realistic?

A plan is an invitation, not a test. Adjust for appointments, symptoms, responsibilities, and changing energy.

Notice practice, not perfection

Record what happened without judging it. Use T = tried, A = adapted, R = chose rest, or S = skipped. Every entry gives you information. You can also leave a box blank.

DAY	T / A / R / S	WHAT HELPED OR GOT IN THE WAY
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

One thing worth acknowledging:

One adjustment I want to try:

Reflect on your experience

Date: _____

Think about the past seven days. Use the same statements and scale as page 6. This is a personal check-in, not a clinical assessment or proof that the workbook caused a change.

1 = Not at all true for me | 2 = Slightly | 3 = Somewhat
4 = Mostly | 5 = Very true for me | N/A = Not applicable

STATEMENT	1-5 / N/A
I adapted my daily activities to my physical needs.	
I could focus on a small task that mattered to me.	
I had a way to respond when I felt stressed.	
I planned activities with my energy level in mind.	
I made time for a self-care action or supportive rest.	

What changed, stayed the same, or became more difficult?

What else may have influenced my experience?

No improvement is required. If a concern continues or worsens, seek appropriate support. A number cannot capture your whole experience.

Keep, change, ask

Look back at your pages. Choose what is useful and leave what is not. You do not need to start over to make an adjustment.

KEEP

What felt helpful, manageable, or meaningful?

CHANGE

What would I simplify, replace, or stop?

ASK

What support, information, or care do I need?

Choose one next step, not a complete life overhaul.

Make room to begin again

A difficult day does not erase your effort. Some challenges are ongoing, and some need more support than a workbook can provide. You are allowed to adapt without explaining or apologizing.

Use the smallest useful version

Notice one need. Choose one safe response. Decide whether to continue, rest, or ask for help. You may use the three-minute option on page 5 or skip the practice today.

When my energy or circumstances change, I give myself permission to...

A supportive phrase I would offer a friend, and can offer myself:

My next small step, when I am ready:

Consistency can include returning after a pause. Your worth is not measured by completed worksheets.

My daily 15-minute page

Date: _____ My chosen time: _____

AWARENESS / 3 minutes: What do I notice, and what do I need?

ALIGNMENT / 5 minutes: What suitable action or rest will I choose?

ACTION / 5 minutes: What one small step will I take?

REFLECT / 2 minutes: What happened, and what is my next step?

Print this page again for personal use, or save a fresh digital copy. The timing is flexible. Adjust or stop whenever needed.

A letter of encouragement

Dear Beautiful Soul,

You have made room to notice your needs, think about what matters, and consider a next step. That effort counts, even when life still feels complicated.

Resilience is not the absence of struggle. It can look like adjusting a plan, speaking up, accepting support, or giving yourself permission to rest.

Keep what serves you from these pages. Return to your routine when it is useful. Let it change as your life changes.

You do not have to turn every setback into a lesson, and you do not have to do this alone. Your journey matters as it is.

With love and resilience,
Tyaisha B. Dillon

One thought I want to carry with me:

Questions or organizational-use inquiries
tbdillon@alyimpact.com
Please do not send private health details with a general inquiry.