

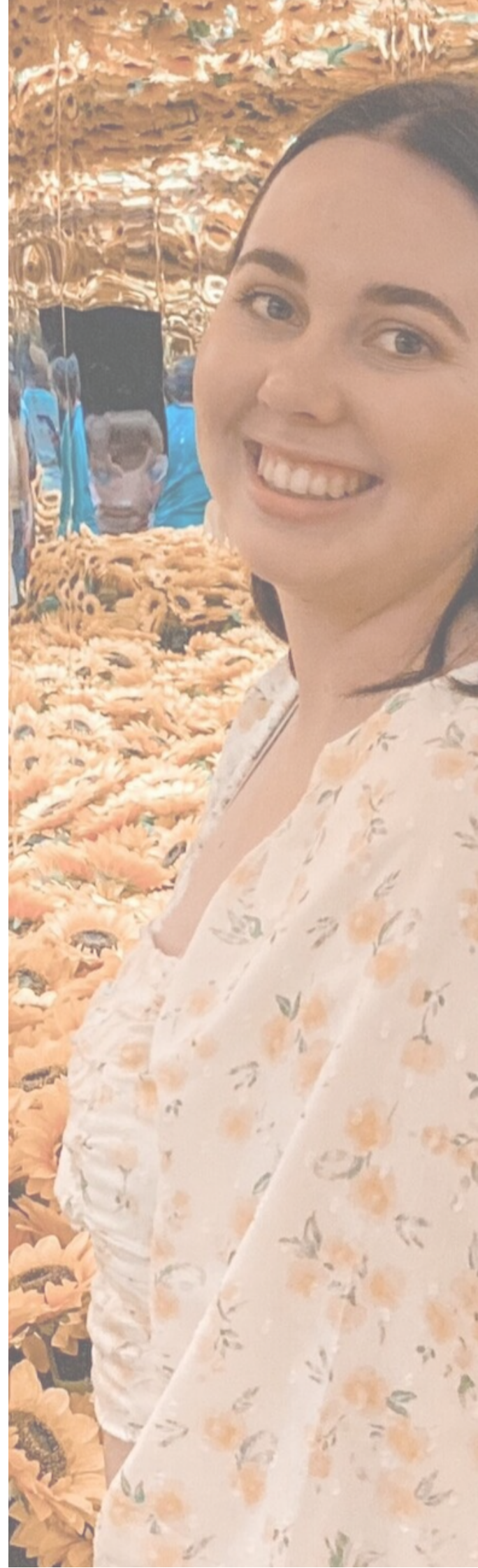
Special thanks to my mum, who has been the most important person on my health and wellness journey. Without you, I would not be here as I am today.

I love you, always. x

# my journey to wellness.

In many ways, I was a very expressive child. Despite having wet eczema, severe asthma and other health issues, I was still extremely creative and active. I expressed myself pretty well... except for when it came to trauma. Instead of talking about my pain, I pushed through it. When two beloved family members died from cancer, I bottled it up. When the intermediate boys made fun of my appearance and personality, I bottled it up. When my dog died in a horrific car accident, I bottled it up. When I almost died in a horse accident, I bottled it up. That was, until the bottle became so overloaded it burst. My body and mind had been living in fight or flight for so many years and I'd finally crashed. I was diagnosed with Chronic Fatigue Syndrome, Anxiety, POTS, Insomnia and other health issues.

My mum, who was the head of the department at a secondary school at the time, was my greatest supporter. She sat on the bed with a warm flannel when I couldn't make it to the shower. She was there for me when my cousins didn't believe that I couldn't lift a fork to my mouth most days. She researched, booked medical appointments, and pushed back when we were told there was no treatment for CFS.





But there was, it was called Neuroplasticity.

With the help of a trained Lightning Process and Neurolinguistic Programming Practitioner, I rewired my brain using scientific tools and strategies. After a year of reprogramming my brain, I was healthy again.

Following taking a year and a half off from school, (thanks for all the help Te Kuru!), I was able to move to a new high school. In person! I was a "normal" teen again, except this time, I knew I needed to express my emotions.

Not only that, I knew that maintaining stillness and balance would be the uttermost important thing in my life.

The Covid-19 lockdowns were tough. Having to stay home all day anchored me back to when I was bedbound with CFS. But, with all the NLP tools and knowledge I'd gained, I moved myself out of stuckness. This is why I am so passionate about expression, so passionate about brain health, and so passionate about communication.

My mum was so inspired by my journey to wellness as a teen that she trained to become a practitioner too! When I complete my own degree this year, I'm going to feel so incredibly proud of myself. I overcame illness and adversity to get to where I am today, which is...

...a constant state of flourishing.

