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SPEAKERS

Mikayla Vacher

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Hey friends, it's Mikayla again, hope you're not getting sick of my face because I'm here to share another tip with you. And this one is one of my favorites and it kind of makes me feel old using this saying because this was definitely from a few years ago. But I don't even care. YOLO you literally only live once I know you have Lyme disease and I know it sucks. But that doesn't mean you can't live. Stop feeling like you have to restrict yourself. Stop feeling like eating a bowl of ice cream is going to ruin everything for you. No, it's not. Take some binders, detox, you'll be fine. Okay, I know that's a little bit harsh. But I'm telling you, you only live once. Just because you're living with a chronic illness no matter what it is doesn't mean that you can't enjoy life. This is your life and you wouldn't have been given this journey if you weren't strong enough to handle it, remember that. But I'm telling you enjoy life, stop feeling like you can't go to the beach and stay in the sun. Maybe you can't stay there all day because you have heat intolerance or you have to get home and do some medicine. That's fine, but at least you can go for a little bit and enjoy it right? Stop feeling like, you can't have that bowl of ice cream or can't have that pizza or that candy or whatever it may be. Because you can, you can, I do it all the time and I'm okay. I'm not healed. But I'm still enjoying life despite my illness. And I feel like that is so important. For so long. I was not doing any of these things. And I was miserable. I was like, Oh my God. I hate living with a chronic illness, which I mean we all have those moments. And it's totally valid and it's totally fine. But you still have to enjoy the little things in life. Don't let living with an illness destroy your life because no, no. Okay, I'm getting carried away. But anyways, enjoy your life. YOLO remember that- you only live once. This is your life, you're

going to beat it all. You're going to heal. But don't restrict yourself so hard. You can still live a little and enjoy things and maybe it's going to set you back a day or a few hours. But that's fine. This is your life and you deserve to live it.