

mylymecoach

The First 30 Days After a Lyme Diagnosis

A Stabilization Guide for the
First Month After Diagnosis

www.mylymecoach.org

Samantha Sloves
Founder, My Lyme Coach



If You Were Just Diagnosed

WHAT MANY PATIENTS EXPERIENCE EARLY ON:

If you are reading this, you may have recently been diagnosed with Lyme disease — or you may suspect that Lyme or another tick-borne illness is affecting your health.

The first weeks after diagnosis can feel overwhelming.

Many people find themselves searching late at night for answers, reading conflicting information, and *trying* to understand what is happening inside their body.

The goal is to help you think clearly, protect your energy, and begin navigating care in a way that supports your long-term health.

This guide exists to stabilize that first month. It is designed to help you slow down, understand what may be happening, and move forward with greater clarity.

Not with panic.

Not with information overload.

But with structure.

What many patients experience early on:

- conflicting information online
- doctors giving very different opinions
- symptoms that move or shift around the body
- fear about what the future might look like
- exhaustion from trying to figure everything out

If this feels familiar, you're not alone.

This guide is based on both my own experience navigating Lyme disease and years of supporting others through My Lyme Coach.



Samantha Sloves
 Founder, My Lyme Coach

Why I Created This Guide

ABOUT SAMANTHA SLOVES

My name is **Samantha Sloves**, founder of *My Lyme Coach*.

When I became ill with a tick-borne disease as a teenager, my initial Lyme diagnosis was dismissed by physicians. Over time my symptoms progressed into severe neurological and systemic illness — eventually taking away my ability to walk and leaving me wheelchair-bound and bedridden for several years.

During that time my family and I navigated a complex and often confusing medical system, consulting dozens of physicians and spending extended periods in hospitals **while searching for answers and relief.**

Those years taught me that Lyme disease is **NOT only a medical challenge** — it is also a logistical, emotional, and **deeply isolating** experience for many patients and families.

*The hardest part is often not just the illness itself, but trying to navigate the medical system **while your life** feels like it has been suddenly turned upside down.*

Today, through **My Lyme Coach**, I help individuals and families navigate these same challenges — preparing for medical appointments, organizing complex medical information, understanding treatment decisions, and **protecting their energy during recovery. Over the years I have supported many patients and families navigating Lyme disease and complex tick-borne illnesses.**

My role is not to practice medicine or replace medical care.

Instead, I help patients think clearly, ask better questions, and navigate the healthcare system with greater confidence.

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This guide reflects the structure I wish someone had handed me during the first 30 days of my illness.

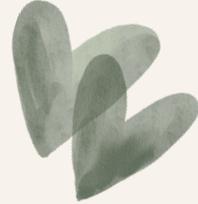


Stabilize Emotionally

A LYME DISEASE DIAGNOSIS OFTEN BRINGS A WAVE OF EMOTIONS.

Many people experience:

- relief that your symptoms finally have an explanation
- fear about what the future might look like
- anger or frustration about delayed diagnosis
- confusion about treatment options



All of these reactions are normal.

Before trying to solve every medical question, start by identifying someone who feels safe to talk to.

YOUR FIRST SUPPORT ANCHOR

When things feel overwhelming, having one safe person you can reach out to can make a big difference.

MY SAFE PERSON

If possible, identify one person who feels safe to talk to when things feel overwhelming.

Phone/Text: _____

Email: _____

HOW I WILL REACH THEM WHEN I NEED SUPPORT

Remember: you do not have to explain everything to everyone.

In the earliest stage of illness, emotional stability often matters more than having the perfect plan.

Things Lyme Patients Are Rarely Told Early On

MOST PEOPLE EXPECT ILLNESS TO LOOK A CERTAIN WAY. EARLY LYME RARELY DOES.

Many people are told that Lyme disease is straightforward.

Take antibiotics. → Rest. → You should start feeling better soon.

For many patients, the reality feels very different.

Symptoms may move around the body without warning.

One day it's your knee.

The next it's your head, your nerves, your stomach, **or a level of exhaustion that sleep never seems to touch.**

Some mornings you wake up thinking *maybe today will be better.*

Other mornings it can feel like your body was hit by a truck overnight.

Energy can disappear in the middle of the day without explanation.

Concentration can vanish mid-sentence.

Simple things — reading, driving, answering texts — can suddenly feel **much harder than they used to.**

Many people also experience something else that is **rarely discussed early on:**

The confusion of trying to explain symptoms that don't behave the way people expect illness to behave.

You may hear things like:

- *"But you looked fine yesterday."*
- *"Maybe you're just stressed."*
- *"Your tests look normal."*

When you're the one living inside the symptoms, those moments can feel **deeply isolating.**

If you are experiencing shifting symptoms, unpredictable energy, or difficulty explaining what your body is doing, **you are not alone.**

Many Lyme patients go through a period of learning how their illness behaves, how their body responds, and how to navigate care that **can feel unclear and confusing.**

None of this means you are imagining what you're feeling.

It means you are in the *early stage of understanding a complex illness* — something many people are not prepared for when they are first diagnosed.

Understanding these patterns early can help you approach the next steps with more clarity and less self-doubt.

Many patients eventually find that having guidance during this phase makes the process much less overwhelming.

When Symptoms Don't Make Sense

WHAT MANY PATIENTS EXPERIENCE EARLY ON

One of the most confusing parts of Lyme disease and other tick-borne infections is how **widely symptoms can vary — and how quickly they can change.**

In the beginning, it can feel like your body is doing things that don't make sense.

One day **brain fog** is so thick you can't find a word sitting right at the tip of your tongue.

You walk into a room and suddenly *can't remember why you went there.*

Another day it's **sharp pain in your shins** that makes walking feel strange and unstable.

Sometimes your nerves feel like they're **burning** — or your skin is crawling and stinging at the same time.

Some people experience **air hunger** — that unsettling feeling like you can't quite get a full breath, even though you're trying.

Other days your body shakes for no clear reason.

And sometimes the hardest part isn't one symptom — it's how **they move and shift without warning.**

You may wake up thinking *today feels like it might finally be a better day.*

By afternoon your energy crashes, your head pounds, and the day becomes one of your worst.

You start saying **NO** to plans you would normally say yes to.

You cancel things at the last minute because your body suddenly won't cooperate.

You begin noticing the subtle ways illness is altering your life — even if other people don't see it.

Understanding Lyme Symptoms Early On

WHY SYMPTOMS CAN FEEL CONFUSING, UNPREDICTABLE, AND DIFFICULT TO EXPLAIN

They see the *concealer covering the dark circles under your eyes. They see you showing up and **trying to function.***

But they don't see the **exhaustion**, the pain beneath the surface, or the effort it takes just to get through a conversation.

There may be moments where the weight of it all catches up to you.

Sometimes that looks like crying quietly in the shower.

Or lying awake while your mind races and your body hurts.

This illness can feel **slow and fast at the same time**

Changes can happen slowly over time — or suddenly enough that you barely recognize your own body.

For some patients, symptoms escalate to the point where walking becomes difficult.

In severe cases, weakness, nerve pain, and instability can become so intense that **walking is no longer possible without help.**

These experiences can be terrifying — especially if no one has prepared you for how complex tick-borne illness can be.

If your symptoms seem to shift, intensify, or behave in ways that are difficult to explain, **you are not alone.**

Many Lyme patients go through a period of trying to understand what their body is doing before patterns begin to make sense.

None of this means you are imagining what you're feeling.

It means you are navigating **a complex illness that affects the body in many different ways.**

Over time, many patients begin to recognize patterns in their symptoms.



Symptom Tracker

TRACKING SYMPTOMS CAN HELP YOU NOTICE PATTERNS OVER TIME AND COMMUNICATE MORE CLEARLY WITH YOUR HEALTHCARE PROVIDERS.

Tracking symptoms does not need to be perfect.
Even small notes can help reveal patterns over time.

	PHYSICAL	M	T	W	T	F	S	S
1								
2								
3								
4								
	MENTAL	M	T	W	T	F	S	S
1								
2								
3								
4								

	EMOTIONAL	M	T	W	T	F	S	S
1								
2								
3								
4								

	SPIRITUAL	M	T	W	T	F	S	S
1								
2								
3								
4								

DAILY

WEEKLY

MONTHLY

Prepare for Medical Appointments

MEDICAL APPOINTMENTS ARE OFTEN SHORT AND FILLED WITH INFORMATION. PREPARING AHEAD OF TIME CAN HELP YOU MAKE THE MOST OF THE TIME YOU HAVE.

Many patients find it helpful to bring a few notes so that important concerns don't get lost once the appointment begins.

Before your appointment, consider writing down:

Your 3 most disruptive symptoms

Example symptoms patients often report include:

- severe fatigue
- joint or muscle pain
- brain fog or difficulty concentrating

Your symptoms may look different — what matters most is identifying the issues that are affecting your daily life the most.

1. _____
2. _____
3. _____

When symptoms started or significantly changed

Some examples of changes patients notice:

- symptoms appearing suddenly after a tick bite or illness
- symptoms gradually worsening over time
- new symptoms appearing during treatment

Medications or supplements you are currently taking – Include anything that may affect your health or symptoms.

Questions you want answered during the visit

- What symptoms should I monitor most closely?
- What changes should prompt me to call the office?

Your questions/Notes:

Important Note

This guide is intended for educational purposes only and reflects general information and lived experiences commonly reported by Lyme patients. It is not medical advice and should not replace consultation with a qualified healthcare professional. Always consult your physician regarding diagnosis, treatment decisions, and medical care.



Protect Your Energy

One of the most **important** things many Lyme patients learn over time is that energy works differently during illness.

Energy is now your most important currency.

Activities that once felt simple — work, socializing, exercise, even concentrating — can suddenly require far more effort than they used to.

Because of this, many patients begin to approach energy more intentionally.

You may find it helpful to:

- limit how much time you spend researching online
- take breaks more often than you used to
- pace activities throughout the day
- say no to plans when your body needs rest

Energy notes:

Protecting your energy is not weakness.

It is one of the most important ways to support your body while it is healing.

Many Lyme patients eventually develop personalized pacing strategies.

Learning how to manage energy effectively is something we explore in greater depth in coaching.



Letter To My Future Self

Date _____

Dear me,

A large rectangular box containing ten sets of horizontal dashed lines for writing. The first line is pre-filled with the text "Dear me,".

Signed by,



What This Guide Is Not

This guide is not a medical treatment plan.

It is not a replacement for medical care.

And it is not a promise that recovery will happen quickly or easily.

What it is meant to be is a starting point for understanding and stabilizing the early phase of illness.

A way to help you organize your thoughts, understand what your body may be experiencing, and move through the early stage of illness with more clarity.

You deserve support as you navigate this.

When You Need Support Navigating Lyme

Lyme disease is not *just* a medical condition.

For many people, it affects nearly every part of life — your energy, routines, work, relationships, and sense of stability.

The early stage of illness can feel especially confusing as you try to understand symptoms, medical decisions, and how to move forward.

Many patients suddenly find themselves expected to become experts in a complicated illness while also managing symptoms that can change from day to day.

At times, it can feel overwhelming.

Through **My Lyme Coach**, I work with individuals and families navigating Lyme disease and other complex tick-borne illnesses.

My role is not to replace medical care.

Instead, I help patients organize what is happening, think clearly through decisions, and navigate the healthcare system with more confidence.

Support may include things such as:

- preparing for important medical appointments
- organizing complex medical information
- understanding treatment decisions
- navigating lifestyle adjustments during illness
- communicating with family or support systems

Many patients find that having someone who understands the process can make this stage far less overwhelming.

Strategy sessions are designed for patients and families navigating Lyme disease who want clearer direction and support.

You do not have to figure everything out alone.

If you're feeling overwhelmed or unsure what the next step should be, **this is exactly the stage where many patients benefit from guidance.**

GET SUPPORT NAVIGATING LYME

You Don't Have to Navigate This Alone

Connect With My Lyme Coach

If you're reading this and feeling **overwhelmed**, **confused** about what to do next, or *unsure* how to make sense of everything happening — **this is completely normal**.

The early stages of Lyme disease and other tick-borne illnesses can feel disorienting, especially when information is conflicting and symptoms don't behave the way you expected.

This is exactly the stage where many patients benefit from having support.

What I Do

Through My Lyme Coach, I work with individuals and families navigating Lyme disease and complex chronic illness.

My role is not to replace your medical care.

It is to help you better:

- organize what's happening
- prepare for important medical appointments
- think clearly through treatment decisions
- communicate with doctors and support systems
- protect your energy while your body is healing

If you're feeling stuck or unsure what the next step should be, we can talk through it together.

Strategy sessions are designed to help you move forward with clarity, direction, and confidence.



Contact Me:

Get Support Navigating Lyme

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[@mylymecoachorg](https://www.tiktok.com/@mylymecoachorg)

MyLymeCoach provides educational guidance and logistical support for individuals navigating chronic illness. Services do not replace medical care or professional medical advice.