

A woman in a dark dress and carrying a brown bag is walking away from the viewer down a path in a lush, sunlit forest. The path is flanked by large, mature trees with dense green foliage. Sunlight filters through the canopy, creating a warm, golden glow and long shadows on the grass. The overall atmosphere is peaceful and serene.

# Calm in Motion

A Tourette's Support Card Series Inspired by Nature & the beautiful Poetry of William Hartwick

5 Nature-Based Reflection Cards for Hope, Courage, and Self-Acceptance

# Overview

This card series is created for those living with Tourette's—and all the movement, sound, strength, and difference that come with it.

Each card offers a quiet moment of calm, connection, and encouragement. Through nature's wisdom and William Hartwick's poetry, these cards invite you to feel grounded, hopeful, and free to be exactly who you are.

Nature-Inspired Focus

A soothing focus inspired by nature

Reflection Prompts

A gentle reflection prompt

Poetic Themes

A poetic theme from William's work

Self-Kindness Space

A space for self-kindness, hope, and empowerment



# Card 1: Breathe with the Trees



**Theme: Grounding through movement**

**Focus:** Sway like the trees. Let your breath and tics move freely, without needing to hold them in.

**Prompt:** "What does it feel like to move without fear?"

Del Norte County

This earth we live on is such a beautiful place

It is indicated by the smile on your face

From the tip of a redwood tree at  
the highest mountain top

Or where the river meets the ocean, life  
doesn't stop

The air up here is as pure as snow

The people are relaxed, which is precious,  
you know

You have never been, you have to come and  
see

A special place that is very dear to me

God's country is how it is known

To me, fortunately, it is my home

# Card 2: Moment of Light

**Theme:** Finding light during heavy times

**Focus:** Light always returns, even after the darkest storm.

**Prompt:** "Where do I see light in my life today?"

## Sunset/Sunrise

As the sun sets on another beautiful day

I am glad to have experienced it in so many ways

Spending time with family, friends, and foe

Is always a joy no matter where you go

For these are the people that make life neat

Being with them each day is a special treat

As the darkness settles in and the Day's end is near

I look forward to tomorrow Without any fear

With people in my life as special as this

I can't wait for the sun to wake me with her kiss





# Card 3: Strong Like the River

**Theme: Courage through challenge**

**Focus:** You are strong, even when things feel messy or loud.

**Prompt:** "What have I faced and moved through before?"

## The Smith River

The gentle sound of water flowing down the amazing Smith

A day to remember no matter who you are with

Catching a steelhead or swimming in her chill

The Smith River in Norcal is an absolute thrill

No cleaner river in the United States mainland

A must see and touch with your eye in hand

Simply breathtaking to be in her or on a float

Do not miss the opportunity to drift her in a boat

During the fierce winter storms 25 feet high at least

In the summer Mother Nature somehow does tame this beast

Thank you God for this creation simply one of your best

Please keep the Smith River clean and beautiful for all the rest

# Card 4: Grow Like Spring



**Theme: Hope and renewal**

**Focus:** Growth happens quietly and slowly, but it's always there.

**Prompt:** "What small way am I growing today?"

## A Spring Day

Spring is in the air as the flowers

Blossom bright

Lighting up our faces at their beautiful sight

The Roses and their colours, their beauty and their scent

Telling you to stop and smell them, take their little hint

The air is crisp and clean as I wake from my nightly rest

I enjoy all the seasons, but spring I like the best.

The birds sing their little songs and the grass turns ever so green.

A little Spring flower decides to come help and clean.

Being able to enjoy a moment with all of God's gifts.

All the day to day pressure really

Won't you join me in a session of seeing a day of spring? There are so many pleasures to your life it will bring.



# Card 5: Safe in Nature's Arms

**Theme:** Finding calm and safety, even in movement

**Focus:** Nature accepts you as you are. You belong.

**Prompt:** "Where do I feel safest? How can I carry that feeling with me?"

## Nature Walk

About a mile as an eagle flies

Life, each and everywhere.

Enjoying the sharing of friendly thoughts  
with a very bright young mind

A little in common, a lot I learned from her I  
did find.

Strolling through nature, across a bridge

Protecting a precious creek

A wonderful place to relieve the stress that  
comes to us each week.

Look around in all directions

The life that exists today

How could anyone want to cut and clear it  
all away.

Thanks to you for sharing with me

This place just like my home

A getaway, a reality check when I want to be  
alone.







# Using Your Reflection Cards

## **Find a Quiet Moment**

Set aside a few minutes each day to connect with these nature-inspired reflections.

## **Read and Reflect**

Consider the focus, prompt, and poetry on each card. Let the words resonate with your experience.

## **Practice Self-Kindness**

Use these cards as reminders that you are accepted exactly as you are—with all your movements, sounds, and unique expressions.

These cards are designed to provide moments of calm reflection for those living with Tourette's. Through connecting with nature's wisdom and poetic themes, you can find grounding, hope, and self-acceptance in your daily journey.