EMOTIONAL WELL BEING FOR PARKINSON'S
"A person diagnosed with Parkinson’s often feels a flood of emotions, as do their loved ones."

"PD symptoms and treatments can affect your mood. Depression and anxiety affect up to 50 percent of people living with PD. These mood changes can bring on worsening function, leading to a decreased quality of life."

https://www.parkinson.org/Living-with-Parkinsons/Managing-Parkinsons/Emotional-Well-Being
EMOTIONAL TOOLS

Emotional awareness

Connectedness

Emotional Tools

Sense of purpose
EMOTIONAL AWARENESS

• Name it.
• Own it.
• Express it.
EMOTIONAL TOOLS

Prayer  Breathing  Meditation
Gratitude  Self Care  Counseling
SO LET'S PRACTICE A
HEART FOCUSED MEDITATION
TOGETHER

1. Focus your attention on the area of your Heart. Find a relaxed breathing pace.
2. Make a sincere attempt to generate a positive emotion (love, peace, happiness, or calm.
TOOLS TO TRIAL AT HOME

MyLife Meditation (or on YouTube)

Gratitude-Journal App
A new study (JAMA Psychiatry, 2017) has found that elders with a sense of purpose tend to have better physical function such as stronger grips and faster walking speeds, which indicate how fast someone is aging.

- Adjust daily routines
  - Return to old hobbies
  - Explore new hobbies
  - Join a group
CONNECTEDNESS

Social Media Group
Sponsored by The Michael J. Fox Foundation for Parkinson’s research

- Network with other people facing similar experiences
- Find useful tips and tricks
- Get involved in promoting research
- Ask for reviews and suggestions for adaptive equipment you are considering

https://www.facebook.com/michaeljfoxfoundation?ref_type=bookmark
THANK YOU!

TO LEARN MORE ABOUT EMOTIONAL WELLBEING MANAGEMENT
CONNECT WITH YOUR LOCAL OCCUPATIONAL THERAPY PROVIDER,
COUNSELOR, OR WELLNESS ADVOCATE (PRIMARY CARE, ETC)

THOSE FROM THE LOCAL ROCHESTER COMMUNITY: PLEASE CALL US
AT EXERCISABILITIES!

507-259-7570