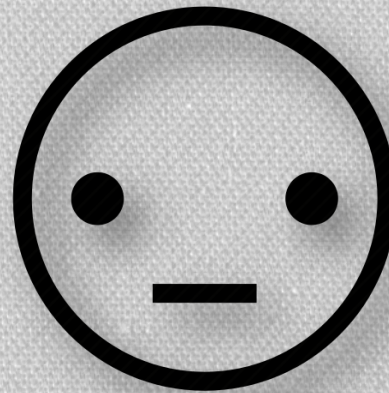
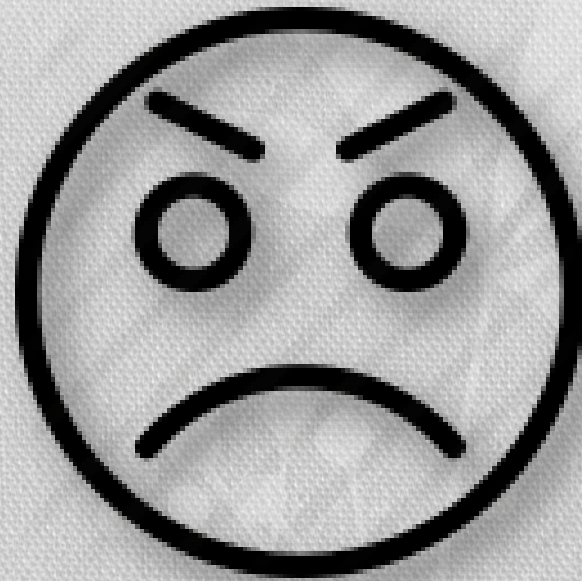
A stylized, dark brown illustration of a plant with several large, pointed leaves and a cluster of small, round buds or flowers, positioned on the left side of the slide.

LIVING WITH PARKINSON'S AND MANAGING MOOD



Emotions



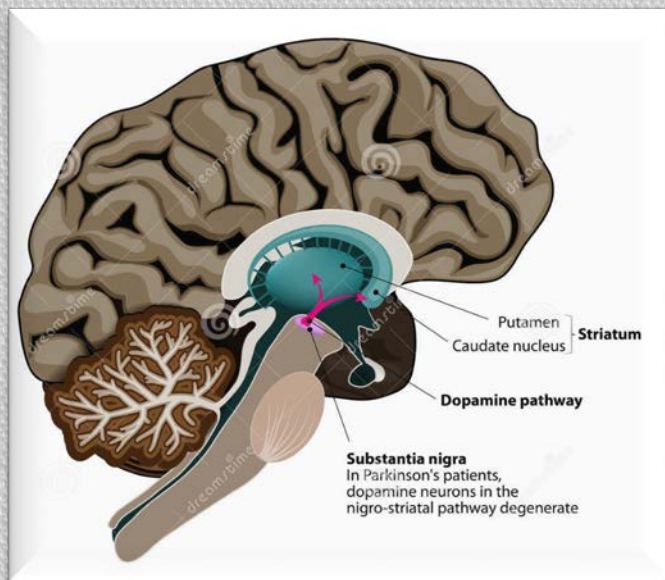


Depression

Common Signs

- Sadness
- Hopelessness
- Worthlessness
- Fatigue
- Decreased appetite
- Insomnia
- Loss of interest in family, friends, former interests and activities





Serotonin

Norepinephrine

Talk to your doctor

Concern for Caregivers:



Anxiety

Nervous

Heart rate

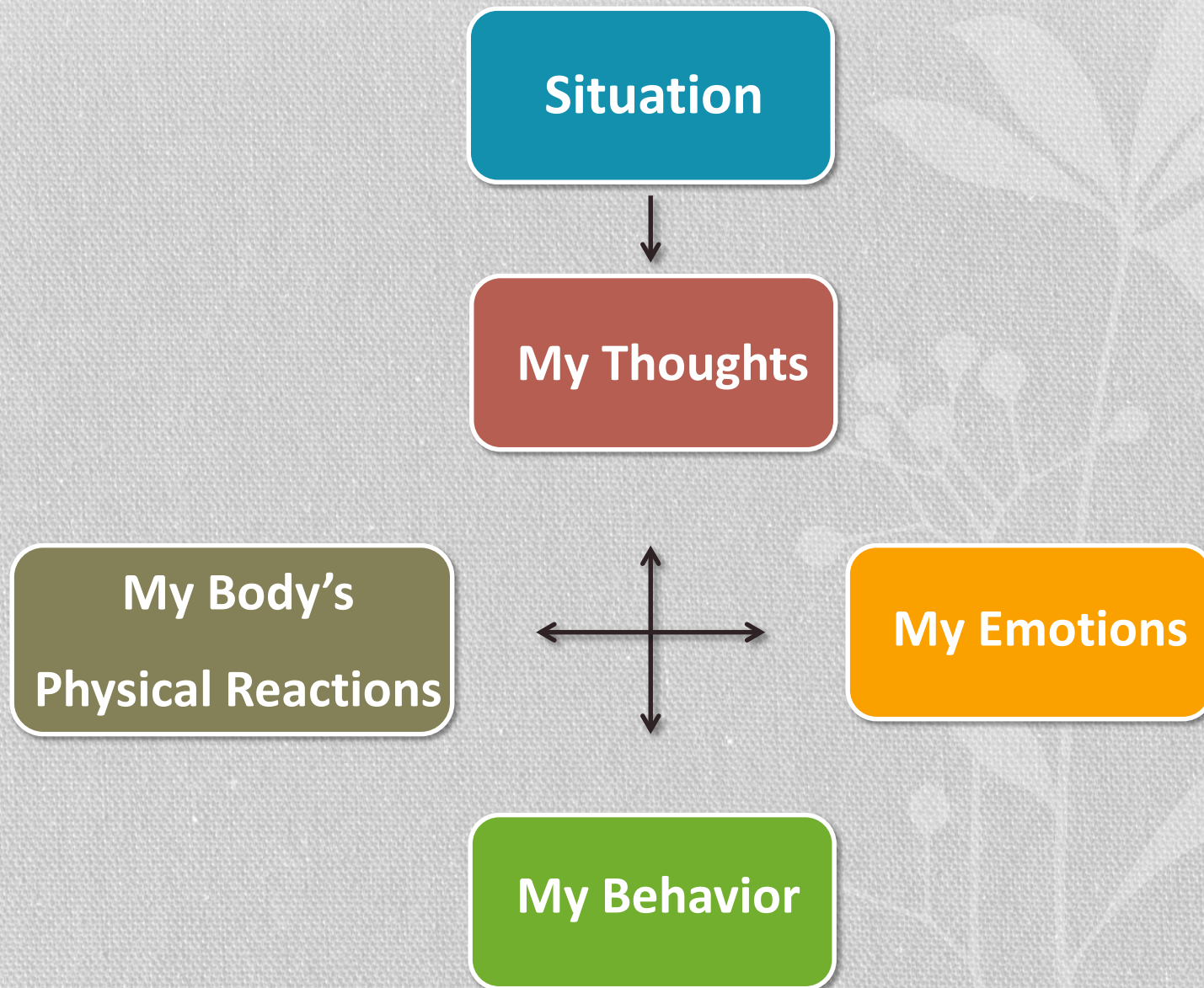
Short breaths

Trembling

Concentrating

Sleeping

Stomach issues





Emotion

Regulation

A person's ability to
effectively

manage

and

respond

to an emotional
experience.



Important Basics

- Healthy Diet
- Water
- Exercise
- Sleep

Specific Strategies

- Mindfulness
- Distraction
- Self-Soothing
- Creating
Meaning

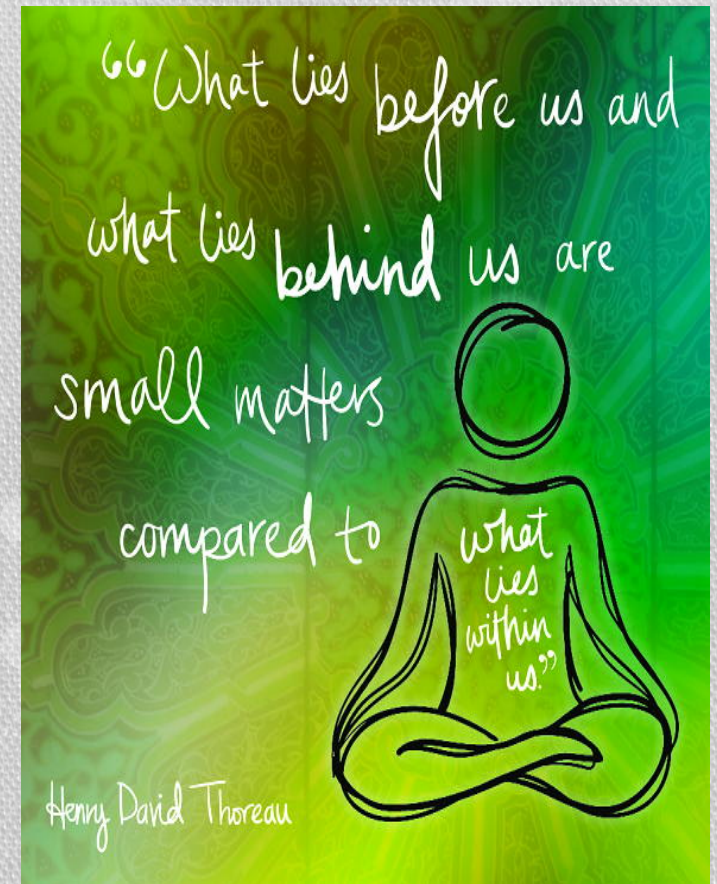
Mindfulness

What Is It?

- Being in the Present
- Focus our Attention
- Reflective verses Reactive

How Does It Work?

- Counteracts ruminating about the past
- Counteracts worrying about the future
- Encourages acceptance





Breathing Mindfully



- Breathe **IN**, say “Breathing in”
- Breathe **OUT** say “Breathing out”
- BREATH – peaceful & gentle
- MIND & BODY – peaceful & gentle
- BREATHING – links body mind

Concentrating on our breathing

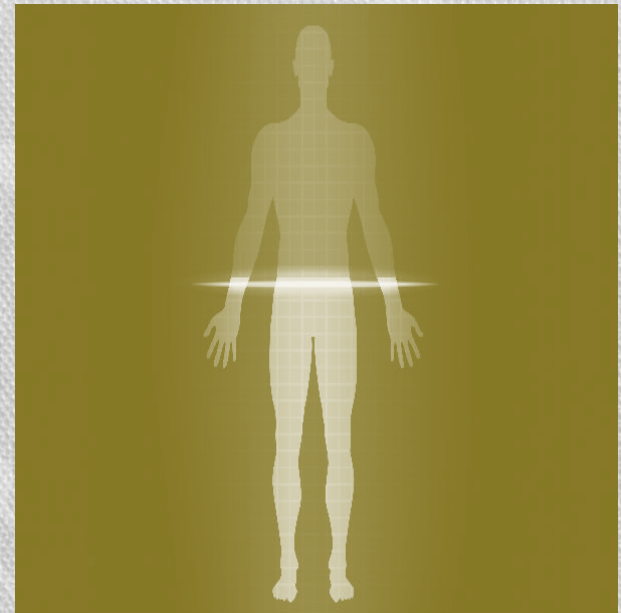
“In & Out”

brings our body & mind together



Body Scanning

- Close your eyes
- Starting with toes
- Moving slowly up your body
- Ask yourself "Where am I tense?"
- Be aware of anything that is creating tension in your body
- Do what you can to change it



2 Minute Body Scan Meditation for Beginners

<https://www.youtube.com/watch?v=bKzJjU51QH8&feature=youtu.be>

Awareness of Sounds



- Close your eyes
- Listen for the sounds
- Focus on them



Notice your mind and body
relaxing.



Positive Mindfulness

Picture Yourself

- Picture in your mind things going well for you
- Imagine you know how to take care of the situation
 - You can cope better
 - You can deal better with the crises in your life



Mindful of Positive Experiences

- a meaningful talk with a friend
- completing a project
- an ice cream cone
- A good night's sleep



STRATEGIES FOR DIFFICULT SITUATIONS

- Distraction
- Self-Soothing
- Improving the Moment
- Creating Meaning

Distraction

- Contributing
- Activities
- Opposite Emotions
- Counting
- Sensations





Self-Soothing:

Comforting Nurturing Being Kind

- **SIGHT:** Town, Nature, Museum, Flower, Garden, Snowflakes, Candle Flame, Scenic Book
- **SOUND:** Music, Ocean
- **SMELL:** Breakfast, Garden, After Rain, Scented Candle, Baking
- **TASTE:** Treat, Cook, Drink, Potluck
- **TOUCH:** Bubble Bath, Pet, Clothes



Create Meaning

Positive Aspects of the Situation

- Has this brought you closer to friends or family members?
- Are you seeing something more clearly or learning something?
- Have you discovered a book or a poem that helped you?





Create Meaning

Turn Energy Into Art

- Splashing Paint
- Pounding Clay
- Photography
- Writing Poetry



Spiritual Values

- Religion - "God is seeing me through this."
- Nature
- Cosmic Being or Creative Force in the Universe





Adult Pleasant Activity Ideas

Playing golf

Sitting in a garden

Listening to music

Going to movie

Having family get-togethers

Watching a documentary

Watching boxing or wrestling

Doodling

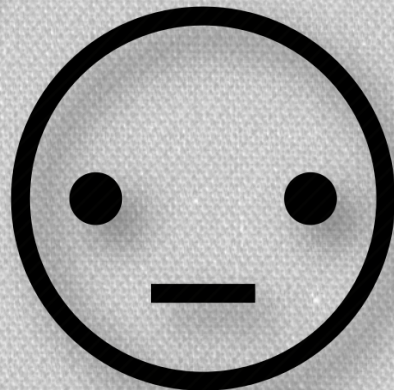
Thinking about past trips

Flying kites

Repairing things
around the house



Emotions





Resources

- Mayo Clinic - <http://www.mayoclinic.org/diseases-conditions/anxiety/symptoms-causes/dxc-20168124>
- Anxiety and Depression Assoc. of America <http://adaa.org/understanding-anxiety/depression>
- Depression and Parkinson's Disease, by John G. Nutt, MD
- Cornell Research on Self-Injury and Recovery, <http://www.selfinjury.bctr.cornell.edu/perch/resources/what-is-emotion-regulationsinfo-brief.pdf>
- DBT Self Help, <https://www.dbtselfhelp.com/html/overview2.htm>
- Anxiety.org, <https://www.anxiety.org/can-mindfulness-help-reduce-anxiety>
- Book, "Peace is Every Step" by Thich Nhat Hanh
- Mindfulness: Finding Peace in a Frantic World, <http://franticworld.com/sounds-and-thoughts-meditation/>