



Easing Anxiety

Parkinson's

Feeling nervous or full of worry is a common feeling in people with Parkinson's disease. It may be caused by chemical changes in the brain or life changes.

Types of Anxiety

Generalized Anxiety: Feelings of excessive nervousness, worry and fears. Anxious thinking patterns which can result in feeling out of control. May have increased tremors, poor sleep, depression or apathy.

Anxiety or Panic Attacks: Sudden onset of severe physical and emotional distress. May have shortness of breath or chest discomfort or feel faint. These symptoms may stem from receiving a new diagnosis or fear about disease progression.

Tips

- **Relaxation techniques** - deep breathing, mindfulness, aromatherapy, soft music, medication, spirituality, prayer, guided imagery
- **Social activities** - senior or adult day center, socializing with friends, exercise or arts engagement programs
- **Nature** - spend time outdoors
- **Calendar** - structure and routine can ease the mind
- **Plan ahead** - having a plan for the future can reduce worry
- **Change thought patterns** - focus on the positives and strengths. Think about what you can do, rather than what you cannot do.
- **Journal** - write down feelings and thoughts
- **Distraction** - watch a funny movie, work a puzzle, listen to music, bake
- **Support** - consider a support group or individual counseling