

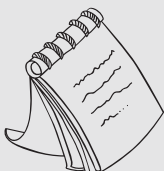
TOP 10 TIPS TO HELP WITH:

ANXIETY



1 RECOGNISE

Try to recognise the things, or situations, that start to make you feel anxious



2 RECORD

Keep a record to see if the anxiety is affected by when your PD medication is due, or has been taken, and discuss with your doctor



3 MEDICATION

When your PD symptoms are variable or 'OFF', it can worsen anxiety - tell your healthcare professional who might adjust your medication



4 RELAX

Taking time to relax can be helpful, try listen to calming music or do something you find calming



5 HEALTHY DIET

Eat a balanced and healthy diet, try to avoid caffeine or alcohol later in the day



6 EXERCISE

Exercise is a good way to help release anxiety - try do some form of exercise daily



7 MEDITATION

Meditation, mindfulness or talking calmly to yourself can help reduce anxiety



8 MASSAGE

Massage can help with relaxation - concentrating on rubbing your own hands can help to distract you



9 TALK

Talk to other people, share your worries and fears with family and friends



10 BREATHE

When anxiety starts, try to take some deep breaths and tell yourself that the feeling will pass, as it has done before

For more information about anxiety visit:

www.africaparkinsons.org

OR

www.facebook.com/parkinsonsafrica

