

# TOP 10 TIPS TO HELP WITH:

## TREMOR



### 1 PATTERNS

Keep a diary over a few weeks to look for any patterns with your tremor



### 2 MEDICATION

Try to take your medication on time. Tremor can be more evident when you are 'off' or when your medication effect wears off



### 3 DON'T HIDE

Don't try to hide your tremor, this can make it seem worse and more noticeable



### 4 DISTRACT

A stress ball to play with in your hands can help distract from tremor, practice squeezing and releasing



### 5 MANAGE ANXIETY

Try to manage anxiety, worry or stress, tremor can be worse when you feel anxious or nervous



## 6 CORE STRENGTH

Bring your elbows closer to the body to reduce tremor, this makes your core strength more stable



## 7 EATING

When eating, try to stabilise your elbows on the table to reduce tremor



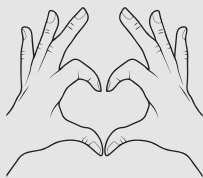
## 8 ADAPT EQUIPMENT

Try to use adapted equipment, such as cutlery with larger handles, or fill your cups half way to reduce spills



## 9 AVOID MULTITASKING

If you are doing a task, try to do it in a sitting position, avoid multitasking or concentrating on too many different things



## 10 ACCEPTANCE

Work towards accepting the tremor as part of you, be at peace with yourself and this in turn could reduce your tremor

For more information about sleep visit:

[www.parkinsonkenya.wixsite.com/website](http://www.parkinsonkenya.wixsite.com/website)  
OR  
[www.parkinsonsafrica.com](http://www.parkinsonsafrica.com)

