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
- www.parkinsonsafrica.com

Created by Jane Price, Louise Ebenezer and Natasha Fothergill-Misbah