

Emotional Wellness:

Developing Tools for Coping and Cultivating Resilience

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WELCOME

Goals for Today

- Validate the challenges you may experience emotionally
- Remind you of strengths you have been cultivating all your life
- Explore resources that you can access
- Review some tools for coping
- Identify ways you can build resilience starting today

Goals for Today

Remind you

You are not alone: You or Your Care Partner or Your Family

You have internal resources that will sustain you (Resilience)

There are community resources that will support you (Tools)

YOU ARE YOUR GREATEST RESOURCE

This Journey with Parkinson's Disease

This is not a sprint.....This is a Marathon

Just like a Marathon Runner who trains diligently

- Pace Yourself
- Train Mind, Body and Spirit
- Know where your water/fueling stations are at all times

Emotional Wellbeing/Wellness

- Is about being your Healthiest Self
- Creating and Leaning In to your inner personal strengths
- Open to learning more about YOU

Emotional Wellbeing

Definitions

Emotional wellness is the ability to successfully handle life's stresses and adapt to change and difficult times

Emotional wellness: Being with all your feelings in a way that is curious, kind and non-judgmental

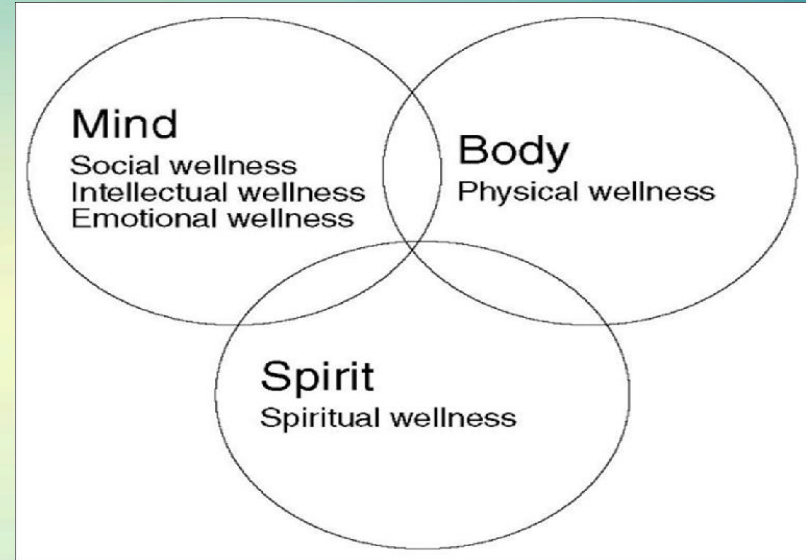
Emotional Wellbeing

Plays a key role in our overall wellbeing

Influences our body's response

Impacts our outlook on life

Cope with challenges/changes



What are the signs of Emotional Wellness

- You have ways to manage stress
- You have a sense of purpose
- You take care of your physical health
- Are you open minded
- You are not afraid to ask for support – and you often do
- Your strongest relationship is with yourself
- You know personal growth is key to your success
- You LIVE your life
- You are committed to regular self care
- You are not closed off to your emotions
- You are adaptable and resilient



Challenges to Emotional Wellbeing

- Pandemic/Isolation
- Changes in self esteem/worth related to PD diagnosis
- Fears about the future
- Future Tripping
- Depression/Anxiety
- Loss
- Losing faith in yourself

The Challenge

- Daily challenges can create a roadblock for our Emotional Wellbeing

When we are discouraged

When we are stressed

When our PD symptoms take over the day

Strategy

The things that make us feel good are often the first to go

How do we stay focused on ourselves – to be our best selves

To redefine the day To not get lost in the challenge of the day

The Invitation



How do you
define
resilience?





- *Resilience is the ability to recover from difficult experiences and setbacks, to adapt, move forward and sometimes even experience growth.*
- *Resilience refers to patterns of positive adaptation that follow a significant adversity such as a trauma, death, loss of a relationship, job loss, financial stress and/or serious health problems*

Building Resiliency

- *We all have the capacity to be resilient*
- *It's something we can develop through our thoughts and behaviors.*
- *Through practice – making some changes daily*
- *There are behaviors that significantly impact the resiliency of people living with Parkinson's Disease.*



- Connections
- Take control of what you can control
- Adjust Expectations
- Plan for when you are at your best
- Acceptance
- Practice Self Compassion

CONNECTIONS

- *Positive relationships and supportive environments play a significant role when facing adversity.*
- *Solid relationships impact our daily lives. These supportive relationships can become “resilience influencers”*
- *Relationships contribute to our health, and our outlook on life.*
- *Positive relationships strengthens our resilience. We feel less stressed and we are more capable of overcoming challenges.*

- ✓ *What are the meaningful connections in your life?*
- ✓ *What are you doing now to connect?*
- ✓ *Are there challenges to the connections related to PD?*

TAKE CONTROL OF WHAT YOU CAN CONTROL

- *One of the central elements of resilience is how we frame information – or our perceptions.*
 - *A diagnosis of Parkinson's Disease, for example, can turn our world upside down.*
 - *When you can find a way to interpret the diagnosis as meaningful - that frame or perception can inspire you to take actions/make changes that can improve your life in ways you would never have predicted.*
- ✓ *Resilience is a set of cognitive skills that can be learned over time.*
 - ✓ *Just because we may not feel or be as resilient as we'd like just yet, we can certainly become resilient*
 - ✓ *The first steps might be taking control of how we perceive events and how we talk about them.*

ADJUST EXPECTATIONS

- *An important lesson to be learned from the most resilient around us is to let go just a little at a time.*
- *We don't mean letting go of big dreams or letting go of the life you always planned.*
- *Set yourself up for success by being okay with whatever you can do in any given moment.*

- ✓ *Commit to setting a goal*
Attending an online exercise class a couple of times a week
feel strong and proud even if your body doesn't fully cooperate each time you participate.
- ✓ *Make a list of the things PD prevents you from doing and create work arounds.*
Cycling outdoors – stationery bike/ Yoga
Retake control of your situation in new and incremental ways so you feel more optimistic and less powerless.
- ✓ *Parkinson's is unpredictable and its unpredictability may demand that you change your goals from day-to-day.*

The good thing is that when you're able to go with the flow of the day with peace and ease, you'll build your resiliency muscle along the way.

Plan for when you are at your best

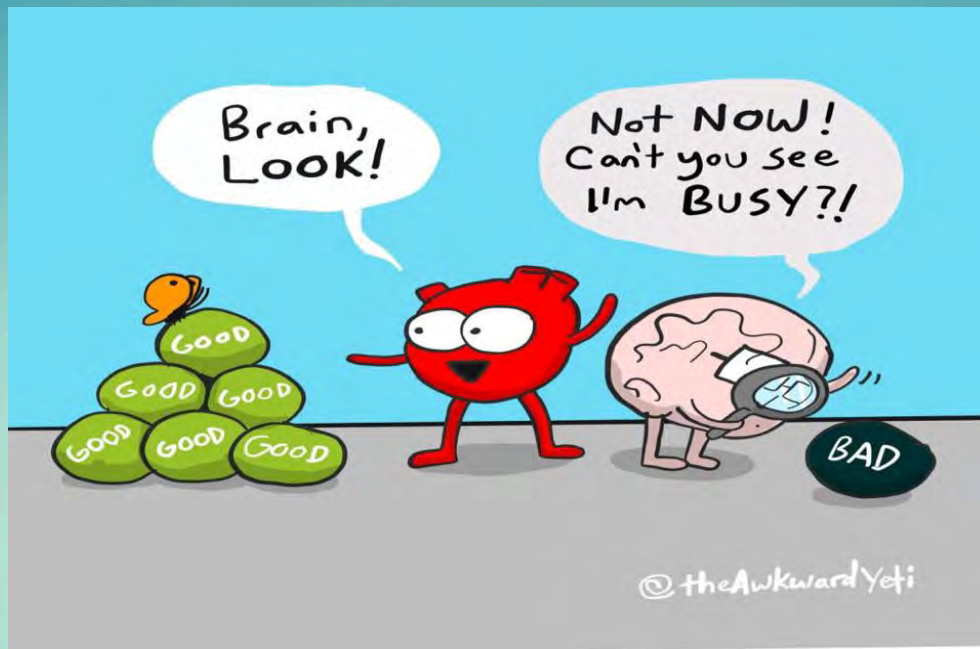
- *This may be the simplest and most accessible of all of the actions you can take to build resilience.*
- *you've no doubt learned that you have good times and bad times, good days and bad days.*
- *You have thoughts that make you feel alive, empowered and unstoppable and ones that drain you of all energy.*
- *The KEY is to accept ALL of those times as part of the broad experience*

- Become a master at taking advantage of opportunities when you are at your best.
- Make a priority list for the day: accomplish what you can at the beginning.
- Elizabeth Bradley, M.D., the medical director of Cleveland Clinic's Center for Functional Medicine, recommends starting the day with a checklist ranked by priority so you know what to do first, when your stamina is highest, and what can go by the wayside if necessary.

Plan for when you are at your best



- 3 good things Mantra
- When we experience adversity, our brains are hardwired to dwell on what went wrong and then overgeneralize so one loss bleeds into other aspects of our lives
- One easy way to do this: As soon as you wake up and before falling asleep at night, come up with three good things that happened to you during the day .It helps to show you that it hasn't been all bad.
- Being okay in both spaces is the victory. And feeling victorious, no matter how large or small the accomplishment, builds resiliency



ACCEPTANCE

- *Accepting a diagnosis of Parkinson's—and all of the changes that it may bring physically, emotionally and mentally—is easier said than done*
- *However, not doing so is an alternative that leads many people toward [depression](#) and [apathy](#).*
- *Depression/Apathy directly impacts the actions that impact our quality of life such as exercising, connecting with others and prioritizing self-care.*
- *It's a process worth exploring*



PRACTICE SELF COMPASSION

- *Self-compassion entails being warm and understanding toward yourself when you fail, fall short, suffer or feel inadequate, rather than judging yourself harshly. Kristen Neff*
- *Honoring and accepting your humanness especially in the face of life challenges*
- *Self-Compassion activates the caregiving system in our brain and prompts us to act, protect and care for ourselves.*
- *Self Compassion and good self care (patience, acceptance, giving ourselves a break) help us to build better relationships, experience less stress and loneliness, be more creative, sleep better, be more optimistic and increase our resilience.*



Introduction to Metta/Loving Kindness



Practicing Self Compassion a day at a time

We are almost there.....

- Emotional Health/Wellbeing and Resilience is less of a destination as it is a journey
- It takes constant practice
- It should be cultivated and strengthened like a muscle
- It takes time
- It takes commitment



Wherever you are on this journey, know this: you are stronger than you realize, you are fully capable, and most importantly you are worthy of feeling good about you no matter what the day brings

Some Ideas to leave you with

- Know yourself with compassion and patience
- Gratitude has power
- Remember: “Better Beats Perfect” *Ryan Glatt*
- If you get stuck in Depression or Anxiety – please reach out
- JOLT – Just One Little Thing



Resources

- APDA

APDAParkinson.org

- Davis Phinney Foundation
Davisphinneyfoundation. org

- Michael J Fox Foundation
Michealjfox.org

- <https://www.tenpercent.com/podcast>

Metta Meditation/Sylvia Boorstein

- <https://www.youtube.com/watch?v=LAO2ACtjtsw>

- Insight Timer App
- HeadSpace App
- Calm App
- YouTube

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