

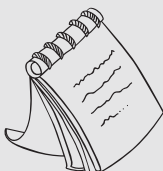
# TOP 10 TIPS TO HELP WITH:

## 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](http://www.africaparkinsons.org)

OR

[www.facebook.com/parkinsonsafrica](https://www.facebook.com/parkinsonsafrica)

