

People experience a variety of emotions after learning they have Parkinson's disease, including anger and grief. It is important to recognize and understand these emotions. Processing these emotions allows you to move forward and begin nurturing a hopeful spirit. You may wish to discuss your feelings with a counselor or clergy person.

THERE IS ALWAYS HOPE

Hope helps us live with the unpredictability that we often face. Hope stays with us when our options appear limited and often helps us to see our situation in a new light. Hope may help you find meaning in your response to living with Parkinson's disease.

Nurturing Hope in Daily Life

- Explore your beliefs and values: Discover what influences your life. Some examples may include religion, ritual, prayers, music, yoga, or reading inspirational material.
- Connect with people: Nurture relationships with the people in your life. This may include family, friends, pets, neighbors, faith community, healthcare professionals and support groups.
- Use your inner resources: Optimism, humor, motivation, strong will, self determination and a positive attitude can be powerful tools.
- Make each day count: Consider what is possible each day. Look for pleasurable and joyful activities. Examples may include art, music, and exercise, meditation, getting together with friends, enjoying a good meal, or spending time outdoors.

Involving your team

A chaplain, social worker, counselor, spiritual advisor, or other clergyperson can offer spiritual and emotional care and support to assist you in processing your emotions.