

## Learning to Relax and Reduce Stress

Stress of any kind can make your PD symptoms temporarily worse. Relaxation techniques are helpful to manage stress in a positive way.

Specifics of relaxation techi
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Br	eathing Awareness
	Create your space for relaxation to minimize interruptions/distractions  o Turn down/off your telephones o Dim the lighting in the room
	Sit or lie down with your body supported Close your eyes and focus your attention on your breathing 3 Part Breath
	<ul> <li>Inhale through the nose</li> <li>Feel abdomen expand first, then ribcage, then chest</li> <li>Exhale long and slow in reverse order</li> </ul>
	<ul> <li>Keep breath rhythmic; don't force or hold breath</li> </ul>
	actice for 5-10 minutes daily. Use this technique whenever you feel stressed or loss control over your body.
	ody Awareness
	Being in tune with and "listening" to your body's signals allows you to focus your attention on specific areas of muscle tension or increased PD symptoms
	As you practice deep breathing, mentally go through areas of your body starting from the head
	Pay attention to where you hold tension and consciously release it; feel your body "sink" into the support beneath you
	Make sure your position is balanced with equal weight on both sides of the body, stretched out, open and extended
	<ul> <li>Often this is lying on the back, arms at sides and legs slightly apart; can bend knees if more comfortable</li> </ul>
	commended Relaxation Recordings
	Script and music: Nielsen/Miller/ Holten: "Healing Blue Sky", Bernie Siegel, Janalea Hoffman
	Environmental: "Solitudes" series, natural Sound Series  Piano: David Lanz, Danny Wright, Michael Jones, Lorie Line
	Guitar: Will Ackerman
	<u>Bamboo/Native American Flute:</u> R. Carlos Nakai, R. Warner, Christian Nielsen <u>Harp:</u> Kim Robertson, Joel Andrews, Hilary Stagg



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Classical: Adagio Collection, Lind Institute collection
Religious: Jon Simon (Jewish), Mary Beth Carlson, Lorie Line, John Michael Talbot
(Christian), Benedictine Monks (Gregorian Chant)
<u>Guided imagery:</u> Parkinson's Disease – Health Journeys by Belleruth Naparstek
(www.healthjourneys.com)