

Mental Health in

Parkinson's

Parkinson's disease is not only motor and non- motor symptoms, it also affects the mental health of a person. Frustration, hopelessness, helplessness and easy irritated anger are the trips of mental health. Medication may help to a certain extent but your determination to change is the great challenge.

Our mental mind-set is very powerful and if you can change it to positive, it can do wonder's. You need to change! Definitely. You need to change your mind-set into 3P's – Positive Thinking, Positive Attitude and Positive Action.

After physical aspects of Parkinson's disease, mental health is important to take care of.

Listed tips for looking after your Mental Health:

➤ Eat and drink sensibly to protect against feelings of depression and anxiety.



SAMUEL NG

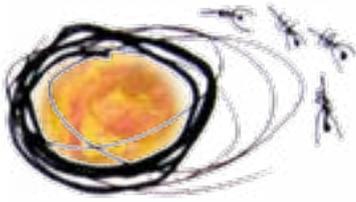
- Maintain friendships – just listening and talking to friends makes a huge difference.
- Nurture close relationships – they affect how you feel.
- Take exercise – the effects of exercise on mood are immediate.
- Sleep – helps us rebuild our mental energy.
- Laugh – it does wonders for the mind and soul.
- Ask for help before the problem gets worse.
- Cry – it releases pent up feelings.
- Remember that work isn't everything – take it easy.

Note the emphasis on physical needs – food, exercise, sleep. If emotionally overwhelmed – ASK FOR HELP! Relating to others fosters more accurate decision-making and action than if you are thinking out things alone.

In life the reality is that we have to be mindful that Mental Health and Physical Health go hand in hand. Without good mental health, there is no health. It is important to take care of our mental health so that we can be able to care for our physical health. So physical and mental health must balance in order to stay healthy.

The following selection of quotes are further prompts to what Mental Health is about. Everyday Practices – from the media:





➤ “...bring sunshine into others’ lives.”

Faruqi SS, 2012

➤” Time management – fix time frames. All work and no play.....as the saying goes - makes a dull boy.”

Faruqi SS, 2012

➤” Stress is an indication that you are in combat with something. However whenever you are stressed, don’t get anxious or angry. Accept it. In doing so, you are NOT channeling your energy into pent up emotion. Instead your reserve will prepare you to act. And you learn to live creatively.”

Sukabodhananda PS, 2012

➤”Physical exercise is good for Mental Health. Physical activity in the green places is even better. The body in motion has positive effects on how you feel, increases

your self esteem, improves mood and confidence – because that is how we are designed by Mother Nature. Putting walking into daily life makes a difference.”

Mutrie, 2007

➤” Mental Health equals the state of well being in which the individual realizes his own abilities, can cope with the normal stresses of life; can work productively and fruitfully; and is able to make contributions in his community,”

The Star, 2012

Mental Health is encouraging ourselves to live well and in the right way, to love courageously and take ownership of our life. Doubtless we want an effortless stress free life, but the reality is that we live in a world where stress is everywhere so that is not an option. Being aware of this we will be better equipped to deal with the challenges. Think Positive!!!



Jointly Organized :

PERAK PARKINSON'S ASSOCIATION
IPOH DOWN SYNDROME CENTRE



COME & JOIN THE FUN

DATE : 17th May 2015 (SUNDAY) Time : 7.00a.m. to 1.00p.m.

VENUE : POTPOURRI HOUSE (BEHIND HERITAGE HOTEL)

Pet Event

**10am -
12noon**

For Dogs Only
只限宠物 (狗)



**Charity
Cycling**



Event Partner :
KELAB ROADRUNNERS IPOH
2014/2015 (Pusat)

**FOOD & FUN
FAIR Stalls
9AM - 1PM**



Contacts: Terry Wong 05-545 5610 & 011-1640 8406 / Samuel Ng 012-557 1682

CYCLIST – GET YOUR PLEDGE CARD ASAP. COLLECT A SUM OF RM100 & ABOVE & YOU GET 1 FREE GOOD QUALITY T-SHIRT. DON'T MISS THIS OPPORTUNITY.

LOTS OF FOOD STALLS – COUPONS ON SALE (RM10)

PET EVENT – EXCITING FOR ALL PET LOVERS & CREATE AWARENESS



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