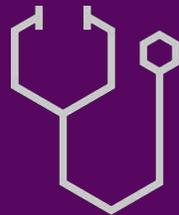


Living Well with Parkinson's

Dr. Soania Mathur



UNSHAKEABLE MD

Learn to thrive, not just survive...

Anger

Fear

Denial

Pessimism



Acceptance

Perseverance

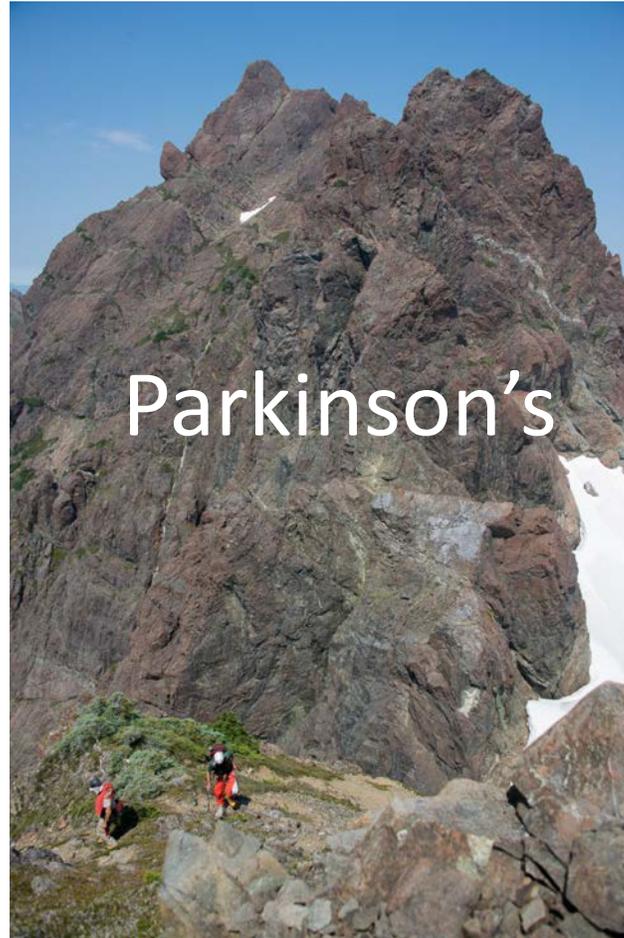
Determination

Anger

Fear

Denial

Pessimism



Stubbornness

Acceptance

Perseverance

Determination



**Lesson 1:
Acceptance is the first step.**



**Lesson 2:
Optimism is a choice.**



Lesson 3:
**You must be an active participant
in your management.**



Lesson 4: Define your quality of life.

A stack of seven books with various colored spines (white, red, yellow, blue, purple, grey, orange) is placed on the left side of an open laptop. The laptop screen is visible on the right, showing a blurred background. The entire scene is framed within a circular vignette.

**Lesson 5:
Education is key.**



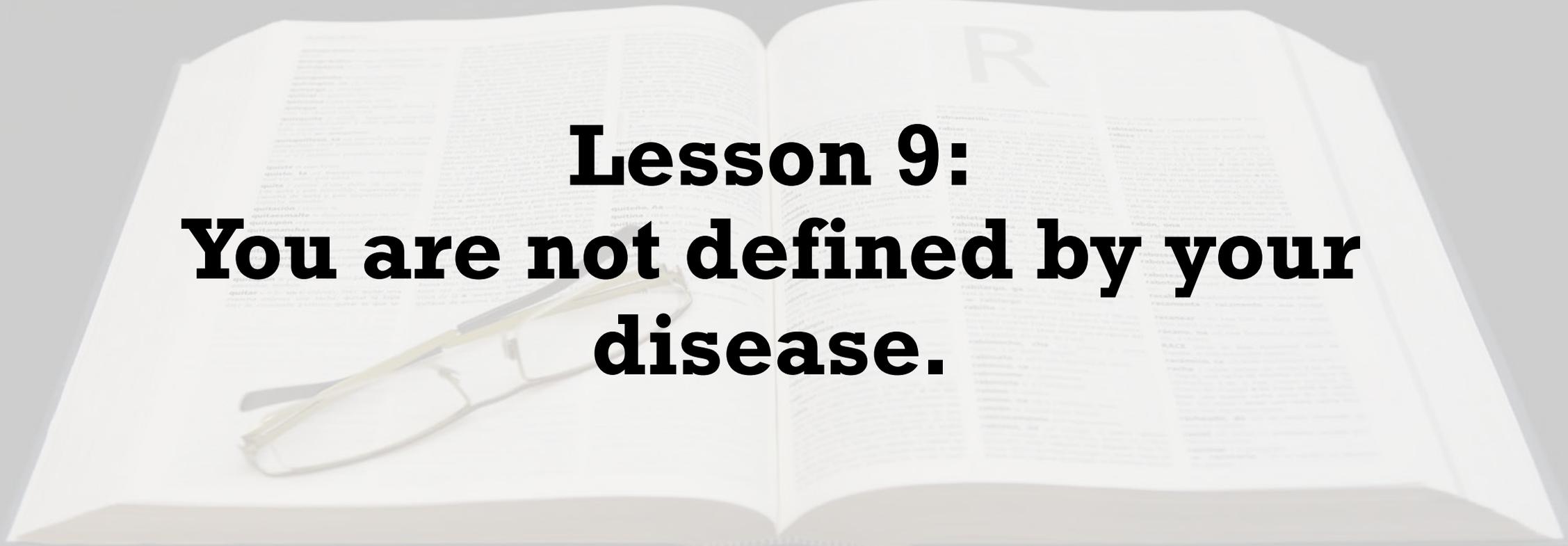
Lesson 6: Build Your Support Team

Lesson 7: Self-care is not selfish...





Lesson 8: Get Involved!



**Lesson 9:
You are not defined by your
disease.**

**Chronically
Ill**

Unwell

Disabled

**PARKINSON'S
PATIENT**

A Burden

Sick

Smart

INSPIRATION

Fun Friend

GREAT PARENT

Helpful

Mentor

*Trustworthy
Co-Worker*

LOVING SPOUSE

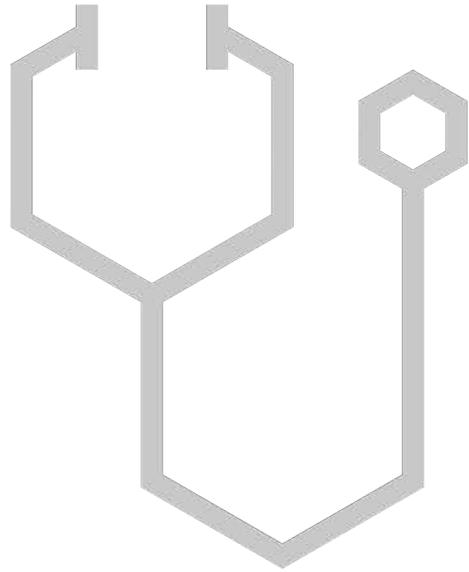
Compassionate

Outgoing

COURAGEOUS

Lesson 10:

“You have to let go of your fear of the future in order to begin living your present.”



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