

# Navigating Depression, Anxiety & Other Difficult Emotions

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# Mental Health and Parkinson's



# Mental Health and Parkinson's



# Difficult Emotions

# Adjustment Reaction

- ***Adjustment Reaction: the difficult emotions and major stressors that are difficult to cope with***
- **Chronic or recurrent stressors**



# Difficult Emotions



**Grief**

**Guilt**

**Loneliness**





## **Difficult Emotions: Grief**

- **Normal reaction to loss**
- **Grief is as individual as your fingerprint**
- **Grief should not be ignored or denied**



# Difficult Emotions: Grief

## 5 Stages of Grief

**Denial**

**Anger**

**Bargaining**

**Depression**

**Acceptance**

## Difficult Emotions: Guilt

- **Changes in family dynamics**
- **Changes in relationships**
- **Economic strain**



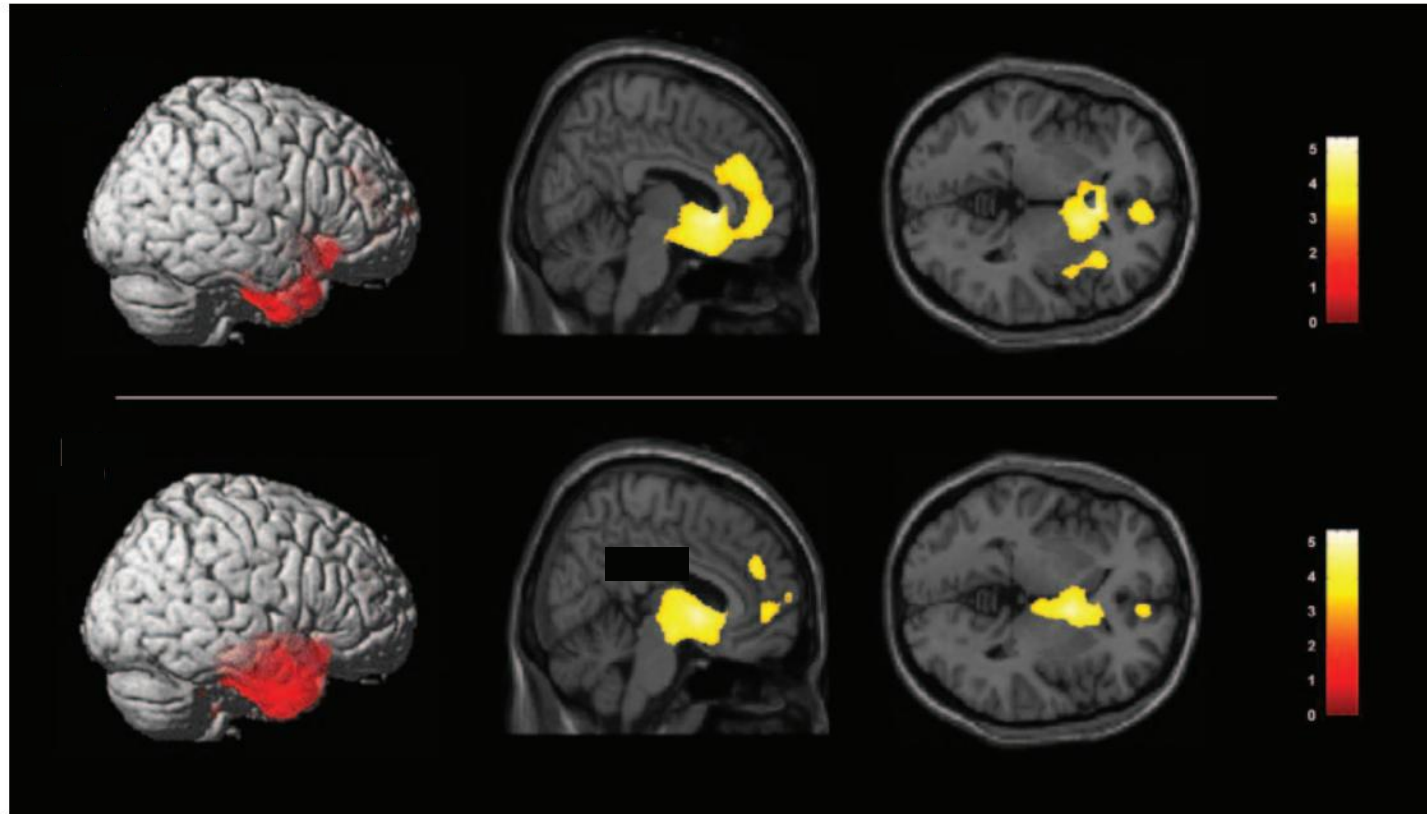
## Difficult Emotions: Guilt



**“I forgive myself & my best is good enough.”**

# Difficult Emotions: Isolation

*Connection is Protection. We are wired to connect.*



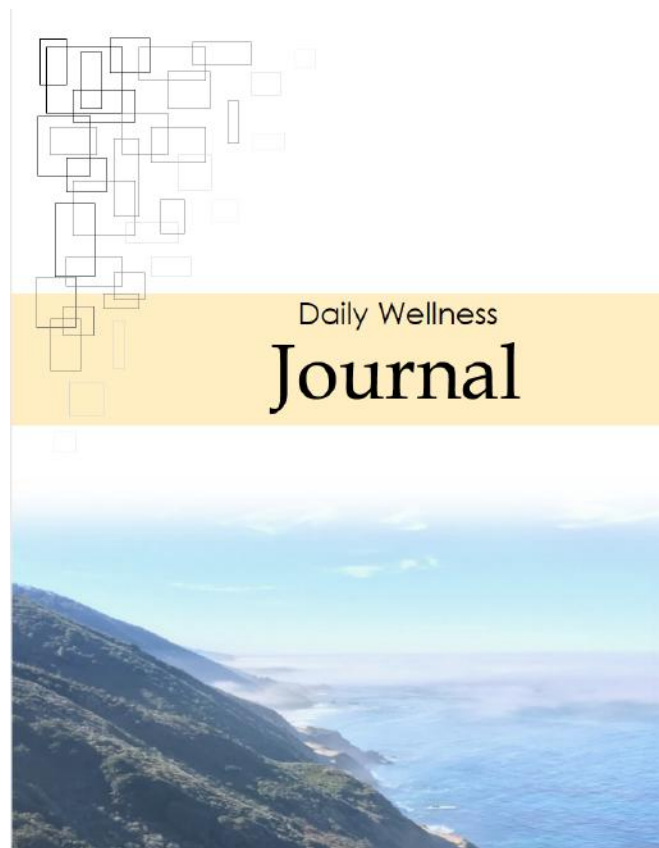
*The Empathy Circuit*

# Coping with Difficult Emotions



**BUILD  
RESILIENCE**

# Resilience: WELLNESS JOURNAL





# Resilience: GRATITUDE



 I am grateful for...

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EVERY DAY MAY NOT BE GOOD  
BUT THERE IS SOMETHING GOOD  
IN EVERY DAY



# Resilience: INTENTION

## Daily Intentions



Sunday Date: \_\_\_\_\_

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Monday Date: \_\_\_\_\_

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Appreciations and Gratitude:

Tuesday Date: \_\_\_\_\_

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# Resilience: SET WEEKLY HEALTH GOALS



## Goals of the Week

**Physical** (e.g. walking, boxing, etc)

Day: \_\_\_\_\_ Time: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Social** (e.g. lunch with a friend, going to a play, etc.)

Day: \_\_\_\_\_ Time: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Mental** (e.g. study Spanish, play chess, etc.)

Day: \_\_\_\_\_ Time: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

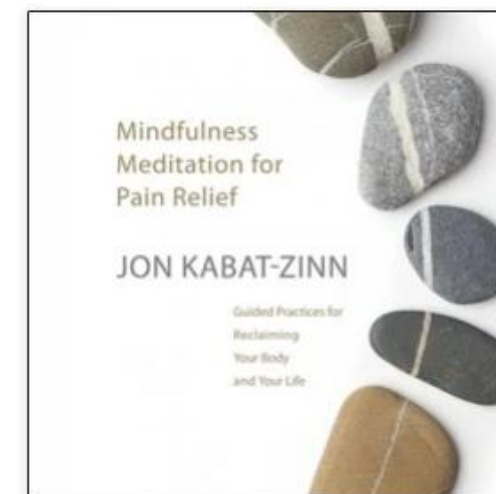
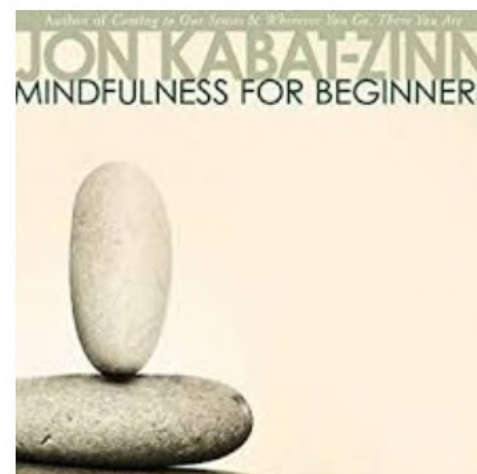
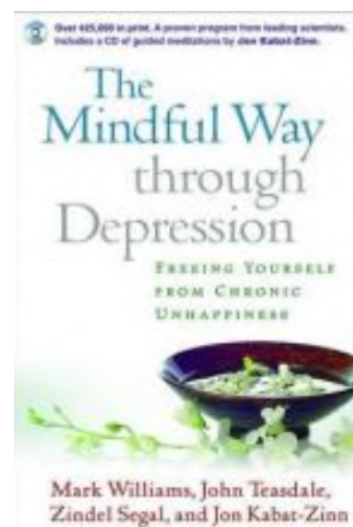
**Spiritual** (e.g. meditate, yoga, etc.)

Day: \_\_\_\_\_ Time: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



# Resilience: MINDFULNESS

## MINDFULNESS BASED STRESS REDUCTION





# Resilience: CONNECTION



# Resilience: Moments of Awe





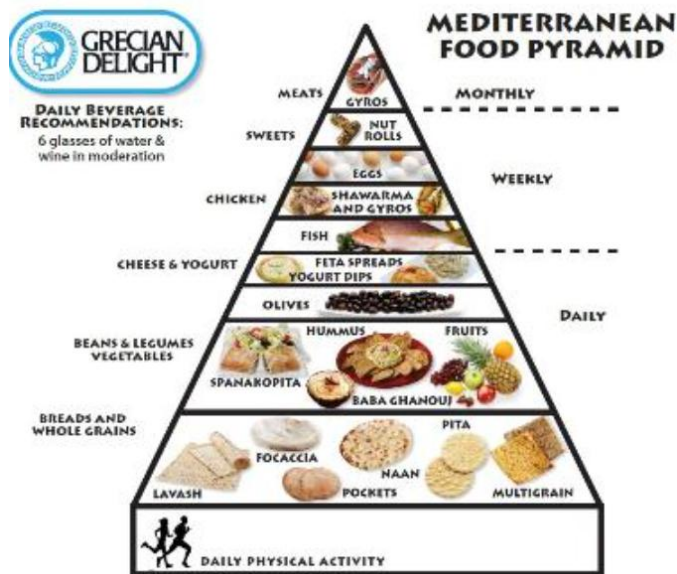
# Resilience: STAY ACTIVE



	7	4				6	1	
6	9	5	8		2	7	4	3
3	1		7	6	4		8	9
7	3			4			2	5
5	6						3	4
	4	9				8	7	
		7	4		6	3		
			1	7	9			
				5				



# Resilience: NUTRITION



ORGANIC  
ORGANIC  
ORGANIC



# Resilience: **EXERCISE**

## **AEROBICS**



**AIM FOR 30 MINUTES,  
5 TIMES PER WEEK**



## **STRENGTH TRAINING**



## **BALANCE**



## **FLEXIBILITY**



## Resilience: SLEEP QUALITY

- 7-8 hours of sleep per night
- Limit fluid intake several hours before bedtime
- Take the TV out of the bedroom
- Have a calming ritual at bedtime (e.g. music)
- Make sure you get enough bright sunlight in the morning
- Melatonin can often help sleep quality
- Ask your neurologist if you should be tested for Obstructive Sleep Apnea



# Depression and Anxiety

# Depression and Anxiety

## Common in Parkinson's

***45% are depressed***

***49% have an anxiety disorder***



***Significantly Under-recognized***  
***not identified by neurologists in 50% of cases***



***Significantly Under-treated***



# Depression and Anxiety is undertreated in Parkinson's

**Why is that so important?**



- **Mental health disorders** have the greatest negative impact on **quality of life** and **functional ability**.
- **Depression** and **Anxiety** are **treatable**.

# Symptoms of Major Depressive Disorder

- **Sadness**
- **Irritability**
- **Guilt**
- **Suicidal thoughts**
- **Flat facial expression**
- **Fatigue**
- **Apathy**
- **Insomnia**
- **Reduced appetite**
- **Reduced concentration**
- **Slowness of thought**
- **Slowness of movement**

# Depression vs. Other Parkinson's Symptoms

- |                     |                          |
|---------------------|--------------------------|
| • Sadness           | • Flat facial expression |
| • Irritability      | • Fatigue                |
| • Guilt             | • Apathy                 |
| • Suicidal thoughts | • Insomnia               |
|                     | • Reduced appetite       |
|                     | • Reduced concentration  |
|                     | • Slowness of thought    |
|                     | • Slowness of movement   |

# Depression vs. Adjustment Reaction

IN THE LAST 2 WEEKS...	NOT AT ALL	LESS THAN HALF THE DAYS	MORE THAN HALF THE DAYS	NEARLY EVERY DAY
<b>Little interest or pleasure in doing things</b>	0 points	1 point	2 points	3 points
<b>Feeling down, depressed, or hopeless</b>	0 points	1 point	2 points	3 points

PHQ-2 Questionnaire

# Symptoms of Generalized Anxiety Disorder

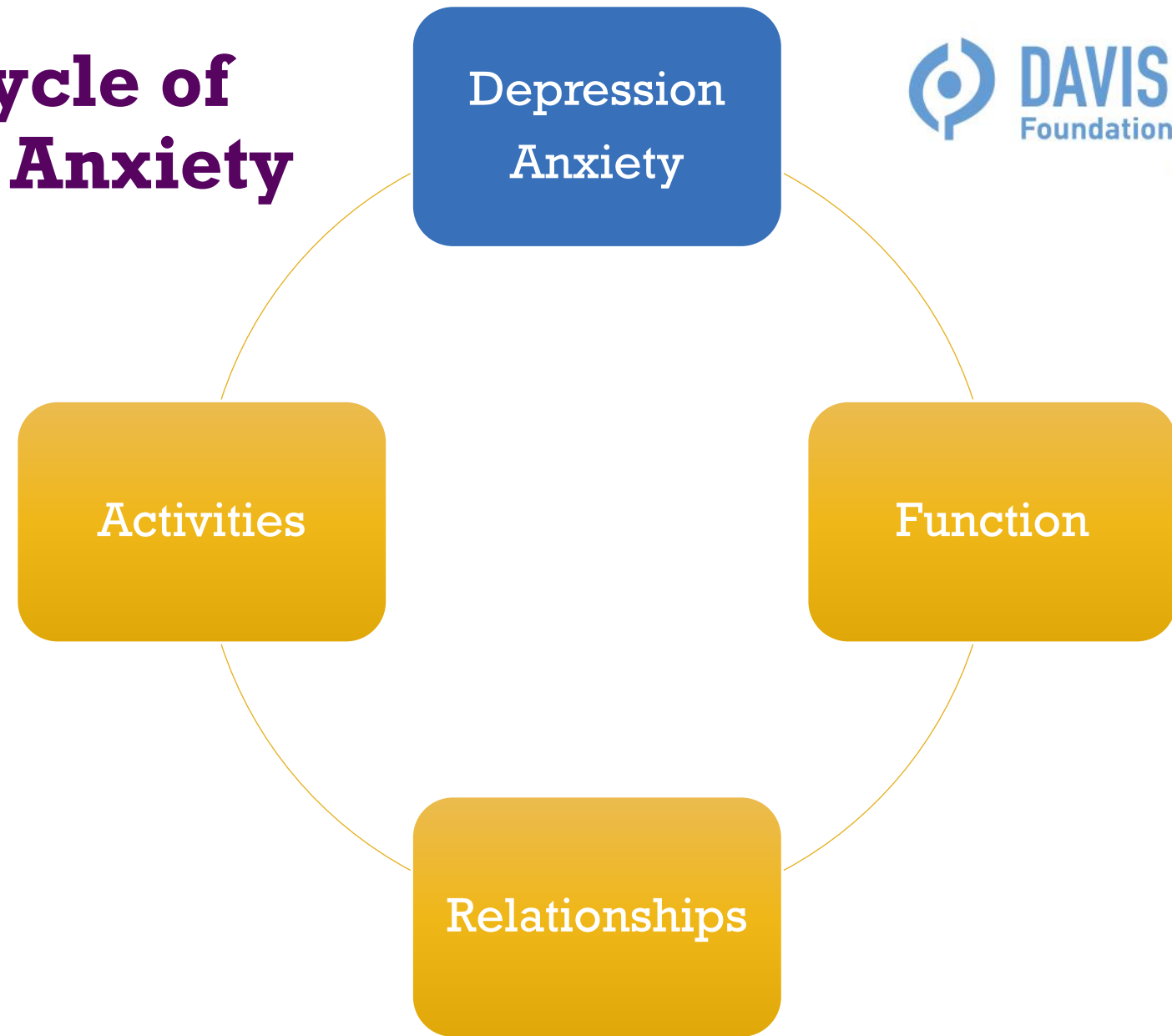
- **Significant worry about a variety of topics**
- **Worry is challenging to control**
- **Irritability**
- **Muscle tension**
- **Insomnia**
- **Restlessness**
- **Fatigue**
- **Reduced concentration**
- **Apathy**



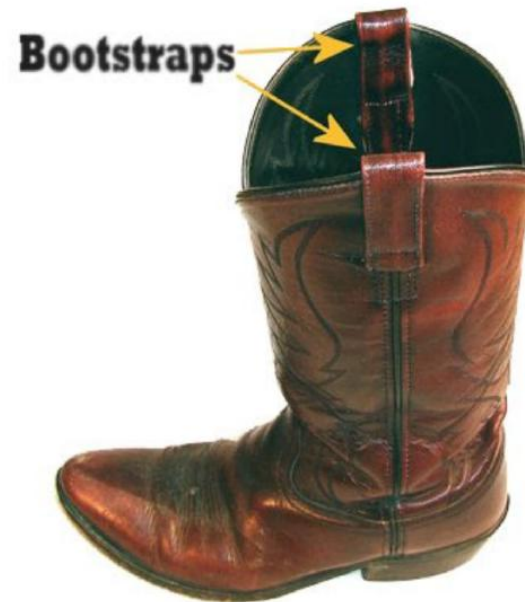
# **Anxiety vs. Other Parkinson's Symptoms**

- **Significant worry about a variety of topics**
- **Worry is challenging to control**
- **Irritability**
- **Muscle tension**
- **Insomnia**
- **Restlessness**
- **Fatigue**
- **Reduced concentration**
- **Apathy**

# The Vicious Cycle of Depression and Anxiety



**How can you pull yourself up by your bootstraps...**

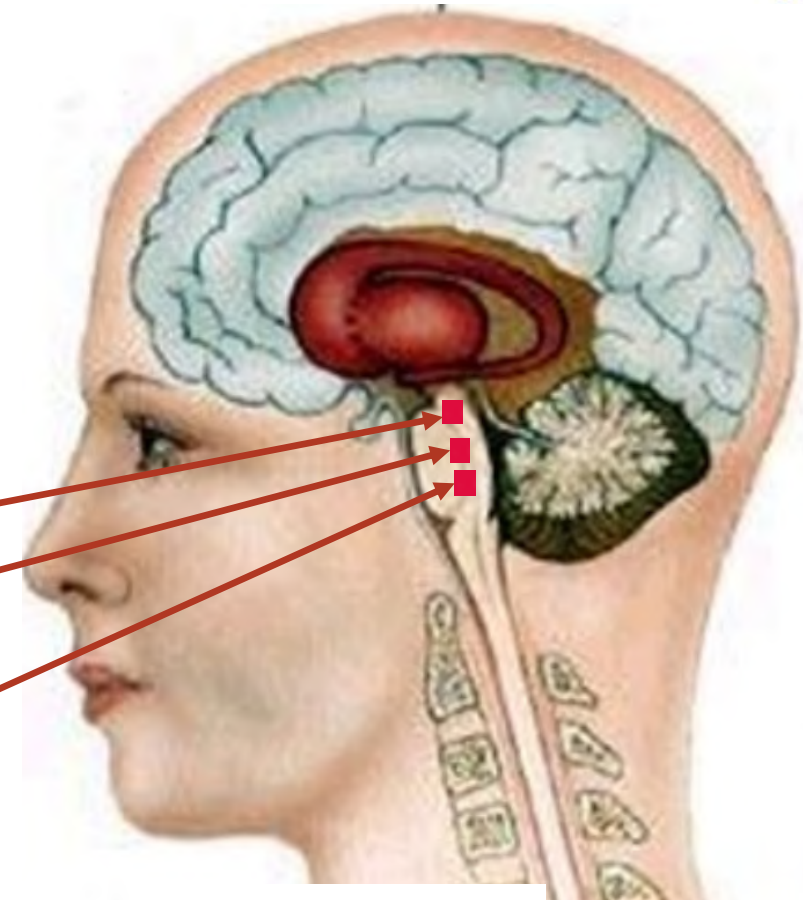


**...if Parkinson's has taken away your boots?**

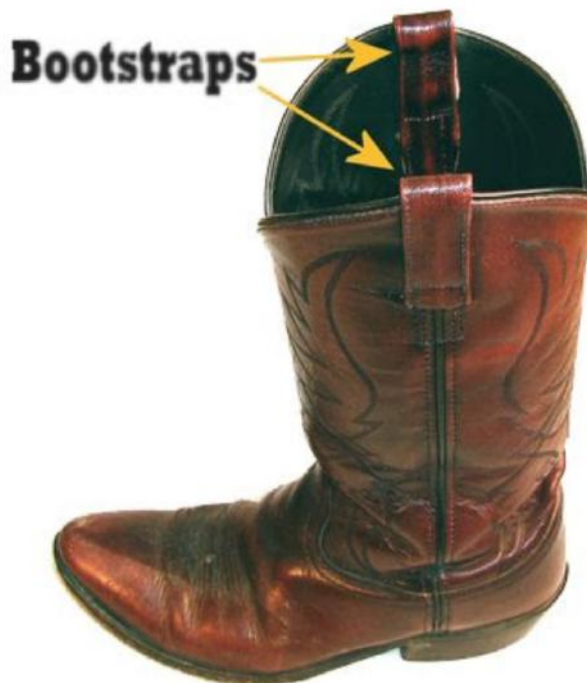
# Depression and Anxiety are Symptoms of Parkinson's

## Significant and Early Loss:

- Dopamine neurons
- Serotonin neurons
- Norepinephrine neurons



## Treatment: Multi-Faceted Approach



## **Treatment: Multi-Faceted Approach**

**ASK FOR  
HELP**

**TALK TO  
PEOPLE WHO  
SUPPORT  
YOU**

**TALK TO  
YOUR  
DOCTOR**



## **Treatment: Multi-Faceted Approach**

- **Medications**
- **Psychiatrist**
- **Psychotherapist**
- **Mindfulness Practice**
- **Exercise Program**
- **Good Sleep Hygiene**
- **Social Support and Connection**



## **TREATMENT FOR ANXIETY AND DEPRESSION:**

### **STAY COMMITTED**

**DON'T GIVE UP**

**TALK TO YOUR  
DOCTOR IF THE  
FIRST TREATMENT  
DOESN'T WORK**

## Action Steps

- *Difficult Emotions* during times of stress and loss are normal
- Use an *Interdisciplinary Approach* to improve *Emotional Well-being*
- Stay Connected to what brings you *Joy, Meaning, and a sense of Awe*
- Make time each day for *Mindfulness* and *Gratitude Practice*
- Recognize symptoms of *depression and anxiety*
- *Reach out* for help if you see *warning signs* in yourself or your loved one
- Download the *Wellness Journal* and *Brain Health Tipsheet*