

## Various tips to take a break from stress

Living with Parkinson's disease is stressful. For this reason, it is important to reduce it daily. In the table below, we have combined some elements to help you in this regard.

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| MOVE    | <p><b><u>General exercise recommendations:</u></b></p> <ul style="list-style-type: none"> <li>• 15 to 20 minutes per day</li> <li>• 3 to 5 times a week, it's good. Every day is better!</li> </ul> <p><b><u>Possible benefits:</u></b> decrease stress hormones, increase energy, improve muscle tone and posture, protect bones, improve blood circulation, improve concentration, delay brain aging, prevent body deterioration, improve appearance, have fun and socialize</p> <p><b><u>Types of exercises:</u></b> stretching, weight training (to improve posture and prevent back pain), walking, aerobic exercises according to heart condition, Tai-Chi, yoga, dance, walking with Nordic poles, etc.</p> |
| BREATHE | <p><b><u>Suggestions:</u></b></p> <p><b><i>Abdominal breathing level 1:</i></b></p> <ul style="list-style-type: none"> <li>• Inhale very slowly through your nose for 5 seconds: 1 – 2 – 3 – 4 – 5</li> <li>• Exhale very slowly through your nose or mouth for 5 seconds: 1 – 2 – 3 – 4 – 5</li> </ul> <p>Take the time to inflate your abdomen like a balloon and then deflate your abdomen very slowly.</p> <p>You can put your hands on your abdomen if it helps you.</p> <p>You are invited to do this abdominal breathing three times and, if possible, 3 times per day.</p>                                                                                                                                 |

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| BREATHE<br>(FOLLOWING) | <p><b><i>Abdominal breathing level 2 if anxiety or persistent negative thoughts:</i></b></p> <ul style="list-style-type: none"> <li>• Breathe in through the nose and out through the mouth.</li> <li>• Count to 3 on the inhale and 6 on the exhale</li> </ul> <p>You are invited to do this abdominal breathing three times and, if possible, 3 times per day.</p> <p><b><u>Activities involving the breath:</u></b></p> <ul style="list-style-type: none"> <li>• Meditating (focusing on the present while concentrating on the breath)</li> <li>• Praying/reciting a mantra: this triggers diaphragmatic breathing like abdominal breathing</li> <li>• Singing: promotes abdominal breathing</li> <li>• Listening to music: breathing synchronizes with the tempo of the music; a slower tempo is preferable, a song with lyrics can silence the hamster while listening</li> </ul> |
| BALANCE                | Maintain a balance between activity and rest for optimal energy levels                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| TREAT YOURSELF         | <p>Laughing and sense of humour: help reduce stress hormones</p> <p>Enjoyable activities: manual, artistic, in nature</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| GETTING INVOLVED       | <p>Meaningful social support can decrease stress hormones</p> <p>Animal: to love, to talk to, to touch, etc.</p> <p>Volunteering: helps break isolation, sense of purpose</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |

This table was inspired by the following recognized authors in the field of stress and fatigue management. To learn more, you can refer to their book or to the documentation found on their website.

### Book about stress:

Lupien, Sonia (2014). **Well stressed: manage stress before it turns toxic**. Toronto: HarperCollins Canada Ltd. 224 pages.

Scientific knowledge and conclusions are the basis of this book, but the author's words are easy to understand. As a neuroscience researcher for many years, Sonia Lupien is concerned, among other things, with explaining what stress is, how to make it less harmful, and differentiating useful stress from less useful stress. Tests to better understand oneself as well as effective tips to better deal with stress are also offered.

To stay informed, visit the website <https://humanstress.ca>, her blog <https://sonialupien.com/en/blog/> and Sonia's Lupien french website [www.sonialupien.com](http://www.sonialupien.com).

### Other books:

André, Christophe (2016). **Looking at mindfulness: twenty-five paintings to change the way you live**. New York: Blue Rider Press/Penguin Random House, 304 pages.

This author and psychiatrist is particularly interested in emotions and how to manage them. He encourages us to become aware of the present moment, of our body, of our breath, of what surrounds us, to accept ourselves, to give space to our emotions and more. What is interesting is that a masterpiece of painting accompanies each lesson to help understand and better integrate what is explained by the author.

Marie, Lianna (2020). **The Complete Guide for People with Parkinson's Disease and Their Loved Ones**. West Lafayette: Purdue University Press, 240 pages.

This author, a Canadian nurse, served as her mother's care partner and advocate for over twenty years through the many stages of Parkinson's disease. She founded [www.allaboutparkinsons.com](http://www.allaboutparkinsons.com), an online community that has connected and helped thousands of people with the disease, their families, and their care partners.

Topics covered in this book include nutrition and exercise, alternative and complementary therapies, medication and treatment, and what

care partners can do to help. The Complete Guide serves as the go-to book for comprehensive, easy-to-understand information for all Parkinson's patients and their loved ones.

**The following are resources that may help people affected by fatigue:**

**Fiches conseils - Guide de l'énergie : vers une meilleure gestion de la fatigue.** Cantin, J. F., Ouellet, M. C., Turcotte, N., Lessard, J., Potvin, I. Boutin, N. et Ducherneau, G. (2014). Québec: Institut de réadaptation en déficience physique de Québec.

This advice sheet on health management, published by l'Institut de Réadaptation en Déficience Physique de Québec (IRD PQ), illustrates concrete strategies to better understand and manage your energy level in a daily basis.

To learn more, we invite you to consult different good fact sheet tips grouped together in "My Toolbox".

[www.cassetete22.com/wp-content/uploads/2017/06/Guide-de-l%C3%A9nergie-fiches-conseils-Par-l%E2%80%99-IRD PQ-Quebec.pdf](http://www.cassetete22.com/wp-content/uploads/2017/06/Guide-de-l%C3%A9nergie-fiches-conseils-Par-l%E2%80%99-IRD PQ-Quebec.pdf)

## **Parkinson's UK**

On this website you can download a free access PDF with information about causes of fatigue, how fatigue affects people with Parkinson's. Information about how to manage fatigue is also available.

<https://www.parkinsons.org.uk/information-and-support/fatigue>

## **SALUS Wellbeing Hub**

This wellbeing organisation has been designed and developed by qualified health practitioners in order to improve the lives of people affected by fatigue. They offer information, free weekly online support groups and educational workshops among other activities.

<https://my.salus.org.uk/>