

PARKINSON'S BODY & MIND

Living Well with Parkinson's Disease

Five Powerful Practices for a Good Life

A Parkinson's diagnosis changes life—but it does not define it.

People living well with Parkinson's consistently return to these five principles.

1. Movement Is Medicine

Regular physical activity improves mobility, balance, mood, sleep, and brain health.

- Move every day—walking, dance, boxing, yoga, tai chi, swimming
- Consistency matters more than intensity
- Choose movement you enjoy and will sustain

Remember: Movement is an act of self-care and self-advocacy.

2. Build a Strong Care Team

Parkinson's care works best when it's collaborative.

- Neurologist, physical/occupational therapy, mental health support
- Prepare questions and speak up about symptoms or side effects
- Bring a trusted person to appointments when helpful

Remember: You are the captain of your care team.

3. Care for Your Mind and Emotions

Parkinson's affects more than the body—it affects confidence, identity, and mood.

- Practice mindfulness, breathwork, or meditation
- Address anxiety or depression early
- Be patient and compassionate with yourself

Remember: Mental health is part of treatment—not optional.

4. Stay Connected

Isolation can worsen symptoms and quality of life.

- Join a Parkinson’s support group (in-person or online)
- Stay socially engaged with friends and family
- Accept help—it strengthens relationships

Remember: Connection restores strength, dignity, and hope.

5. Live a Life Bigger Than Parkinson’s

You are still you—full of purpose and possibility.

- Continue passions or explore new ones
- Set meaningful goals, big or small
- Celebrate progress, not perfection

Remember: Parkinson’s is part of your story—but not the author.

A Final Thought

Living well with Parkinson’s is not about denying challenges.

It’s about **choosing movement, connection, purpose, and self-compassion—every day.**
