

What's next?

If you are interested in attending the group, or want further information, then please phone the psychology department on:

0131 537 3823

We can then arrange with you to discuss the group further and any further questions you may have.

Relaxation Group

for people with Parkinson's

Relaxation Group

Anxiety is something everyone experiences from time to time. People with Parkinson's often find they experience more worries, panic or anxiety than they have in the past. This can cause unpleasant feelings, such as a pounding heart, churning stomach and muscle tension. This in turn can make the Parkinson's symptoms worse.

One way of managing anxiety is through relaxation. We are holding a relaxation group for people with Parkinson's.

Living with Parkinson's can be difficult not just for the person affected but also for their friends and family. Those close to you may have increased worries. By learning relaxation skills with someone else we hope you will be able to practice together at home. This is why this group is open to your carer if they decide to attend with you.

What will the group involve?

- We will explore how learning to relax might help you and how it may affect your Parkinson's.
- Each week we will look at a different form of relaxation.
- We will do a relaxation exercise in the group.
- We will talk about how you found it.
- If you have found it helpful you will be able to practice during the week.

This group will take place:

- On Thursday mornings (10-11.30am)
- For five weeks (commences 12th March 2015)
- One follow up week date to be confirmed
- In the WGH hospital seminar room, Royal Victoria Building.