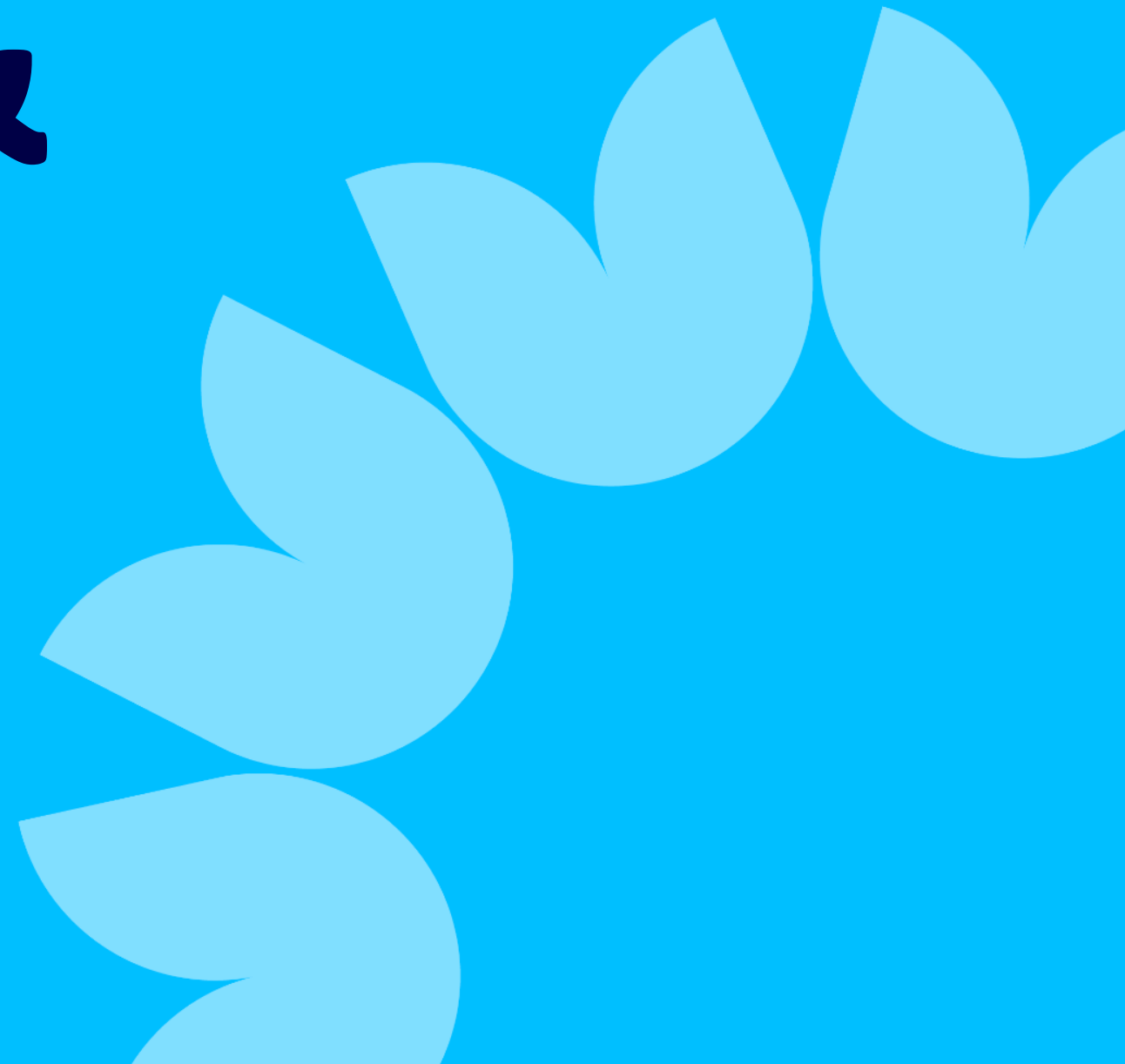


Hints & Tips



Parkinson's
UK Scotland



Try To Stay Positive!



Parkinson's
UK Scotland

CommunityAdvice



Clare Gill

Don't live your diagnosis! Try not to dwell on the negatives.

Rather, I live my life despite having Parkinson's, not because I have Parkinson's.

Don't focus on the things you can no longer do, celebrate the things you can!

CommunityAdvice



Andrew Hobbs

Build a personalised stress management tool kit.
Find an age-appropriate support group

Lorretta Procter

Stress makes PD worse, so find ways to enhance natural dopamine. Do stuff that stimulates you and makes you happy, surround your self with loved ones.

CommunityAdvice



Barry Martin

I've had Parkinson's 25 years and every morning the battle commences one day I will win the war till then go for it

Helen Morgan

I have Parkinson's, but Parkinson's doesn't have me.
Keep active, exercise, accept help if you need it. When travelling ask for assistance.

CommunityAdvice



Wendy Lee

Someone recently said to me “Never mind learning to live with Parkinson’s... rather Parkinson’s has to learn to live with you “... thought this was excellent way of thinking

Paul Pierce

Life is for living, try to have a positive attitude, listen to your body, and you'll be amazed what you can do. Exercise, and stretch out those muscles.