



SURVIVING PARKINSON WITH RESILIENCE

Parkinson presents an opportunity to reflect in my life . The first symptom that I noticed was that my right arm didn't swing when I walked and the muscles in my right leg would tighten up. My handwriting went into a scrawl and I suffered from general fatigue, these symptoms led me to visit my doctor who sent me to a neurologist who confirmed the diagnosis.

When something goes wrong you tend to bounce back or fall apart. People with resilience harness their inner strength and rebound more quickly from a setback. This is exactly what I did and accepted Parkinson as another challenge in life.

Resilience won't necessarily make your problems go away. But resilience can give you the ability to see past them, find some enjoyment in life and handle future stress better.

Resilience is the ability to adapt well to stress, adversity or tragedy. It means you remain stable and maintain healthy levels of psychological and physical functioning in the face of disruption in one's life.

People who are more resilient have the ability to say : this bad thing has happened and I can either dwell on it or learn from it.

Pointers to improve your Resilience

Build a strong and positive relationship with family and friends, who can listen to your concerns and offer support.

Learn from your experiences. Recall how you've coped with hardship in the past. Build on what helped you through those rough times.

Remain hopeful and optimistic. Find something each day that signals a change for the better, expect good results.

Tend to your own needs and feelings both physically and emotionally, participate in activities and hobbies you enjoy, exercise regularly getting plenty of sleep and eating well. One of my keys to success has been the benefits of yoga exercises with a group of other Parkinsonians at the Iyengar Institute specially tailored for Parkinsonians.

Be proud of yourself, nurture your self-confidence and self-esteem, so that you feel, strong capable and self reliant.

Becoming resilient is an individual experience. Resilient individuals have cultivated a sense of forgiveness regardless of the setback. Think of resilience as emotional buoyancy.

We the Parkinson people still have a lot to give to others despite the challenges and tough times we face with a deteriorating neurological condition. We all have gifts and love to give to others. When it comes our turn to leave this world, we will be remembered as people who made a difference.

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