Name the Pattern

A pattern is more useful than a vague sense of failure.

1. TRIGGER What happened just before stress rose?

2. EARLY SIGNAL What did I notice in breathing, muscles, mood, thinking, or energy?

3. PARKINSON'S EFFECT What felt harder - tremor, stiffness, walking, voice, sleep, digestion, or focus?

4. RECOVERY TOOL What did I try?

5. RESULT What helped, did not help, or needs professional support?

EPISODE 4

Stress Recovery Toolkit

CENTRAL MESSAGE

Stress has biology. The goal is not zero stress; it is helping the nervous system recover from high alert toward greater steadiness.

USE THIS SECTION TO

Notice triggers, early body signals, symptom amplification, what helps recovery, and which demands can be reduced or rescheduled.

CLINICAL BOUNDARY

Recovery tools support coping and regulation, but persistent or severe anxiety, depression, panic, hopelessness, irritability, caregiver strain, hallucinations, or safety concerns deserve professional care.

Before you begin

One concern I want to understand: _____

_____

One outcome that matters to me: _____

_____

REMEMBER

Track observations and bring patterns to your care team. Do not use this workbook to diagnose yourself or change treatment on your own.

When Recovery Tools Are Not Enough

Mental health and caregiver support are parts of Parkinson's care.

Questions worth bringing to the care team

- [ ] Could stress, sleep, mood, pain, medication timing, cognition, or hallucinations be interacting?
- [ ] Would counseling, medication review, social work, OT, PT, spiritual care, or a support group help?
- [ ] What warning signs mean we should ask for help sooner?
- [ ] What support is available for the care partner?

SAFETY BOUNDARY

Urgent risk, thoughts of self-harm, or inability to remain safe requires immediate support through local emergency or crisis services. Do not rely on a worksheet during an emergency.

What has become persistent or severe: _____

_____

Who we will contact: _____

_____

Our immediate next step: _____

_____

Welcome

A conversation tool for people living with Parkinson's and their care partners.

WORKBOOK PROMISE

Good observations are more useful than perfect memory. Track what happens, notice timing, and bring the pattern to your care team.

How to use it

1. Choose one episode or concern at a time.
2. Use the matching worksheet or log for one to two weeks.
3. Record timing, symptoms, function, safety concerns, and barriers without judging yourself.
4. Bring one clear pattern and one clear question to the appropriate clinician.
5. Reassess after a clinician-guided change and record what happened.

SAFETY FIRST

This workbook is educational and does not replace medical care. Do not start, stop, or change medication timing, exercise intensity, diet, fluids, supplements, sleep treatments, speech practice, food textures, or swallowing exercises without guidance from a qualified clinician. Seek urgent help for sudden new neurologic symptoms, chest pain, severe shortness of breath, a serious fall or injury, inability to breathe or speak because of choking, or urgent risk of self-harm.