



Anxiety, Depression and...

JOY???

Elaine Book, MSW, RSW

February 18, 2026

Support group talk

Anxiety Disorders

- Occurs in 25-40% of PWP
- May precede the diagnosis
- Panic attacks
- Generalized anxiety
- Phobias



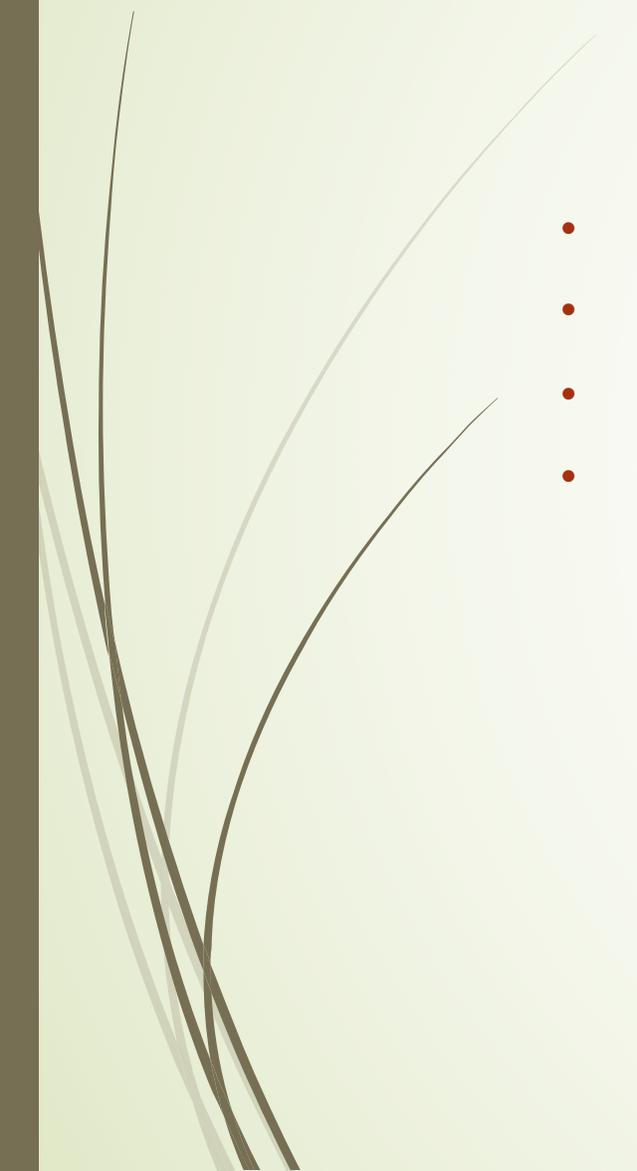


Anxiety Disorders

- May be part of depressive symptoms
 - Can be episodic
 - Can exacerbate motor symptoms
 - Impact medication effectiveness
- 



Anxiety Disorders

- Anxiety fluctuates with “on-off” states
 - Often PWP are more anxious during off periods
 - Stress can exacerbate anxiety
 - Studies suggest little relationship between severity of motor disability and severity of anxiety
- 



Anxiety treatment

- Medications
- Cognitive Behavioral Therapy
- <https://www.anxietycanada.com/>
- Mindfulness apps
 - Calm, MUSE headband, Breathe



“Good Anxiety”

- Anxiety can be protective and create growth
- Learn to worry well
 - Step 1 : Turn down the volume on our anxiety
 - Meditation, breathwork, shift in mindset, exercise
 - Step 2 : Explore uncomfortable emotions
 - What does your worry tell you about what is important to you
 - Step 3 : Enjoy the superpowers of anxiety
 - Channel the energy into action....anxiety into action
 - Turn the “what if” into “to do” list

Anxiety tips

- Counting backwards from 100
- Rubbing your hand
- Breathing (4 in, hold 4, 4 out)
- Positive self talk
- Calming visualization
- Remind yourself that this will pass
- 54321 grounding exercise
See, touch, hear, smell, taste





Depression in PD

- Occurs in 40-50% of PWP
 - Often unrecognized and untreated yet it can be the first symptom
 - Stigma associated with depression
- 



Signs of Depression

- Loss of interest in activities once enjoyed
 - Less energy
 - Difficulty concentrating
 - Sleep changes
 - Changes in appetite
 - Physical symptoms like headaches, pain, digestive issues
- 

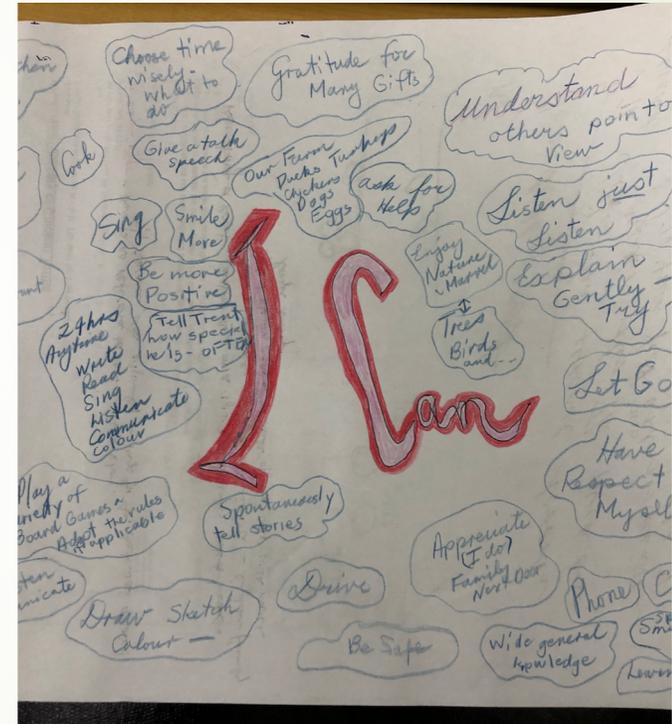
Loss and grief

- Loss
 - The experience of parting with an object or person or change in relationship that one values
 - Minor and major
- Grief
 - Normal package of emotions that accompany the loss of something valued



Tips for dealing with loss and grief

- Journaling
- Set realistic goals
- Surround and share
- Create something new
- Let go of how it was
- Focus on what you can do!





Experiment





Practice Joy

- ▶ A well engrained practice of joy and gratitude helps when the crises comes
- ▶ What is something good that happened? What is something that I can hang on to? What is something that I can hang hope on to so that I can get up tomorrow and try again?
- ▶ Look at your pictures on your camera....moments of joy captured



Practice Joy

- ▶ How can I feel connected today?
 - ▶ How can I feel healthy today?
 - ▶ How can I feel purposeful today?

 - ▶ Take a media break

 - ▶ Practicing joy is proactive
- 

Hope

- ▶ “Hope gives us the courage to confront our circumstances and the capacity to surmount them”
 - ▶ Dr. Jerome Groopman
- ▶ Hope for a better day tomorrow and know you have the courage to deal with what comes your way
 - ▶ Dr. Tom Graboys
- ▶ If you have a “why”, you can cope with any “how”
 - ▶ Meaning of Life, Viktor Frankl



Take home messages...



- Ask for help
- Be open to practical or emotional support
- "What I would find useful"
- Be kind to yourself and practice self compassion



Resources...

- **“The art of coping in good times and bad”** by Linda Edgar
 - Parkinson’s Foundation
 - Parkinson’s Canada
 - Davis Phinney Foundation
- 



Resources...

- **Mind over Mood** by Dennis Greenberger and Christine Padesky
- **Positive coping with health conditions: a self care workbook** www.comh.ca
- **“The art of coping in good times and bad”** by Linda Edgar
- www.anxietycanada.com
- www.Selfmanagementbc.ca
- <https://selfmanagementprograms.ca/>

Thank you....



Play the hand you are dealt....instead of the hand you wish you had
Emmanuel Acho