

- There are days I am depressed and angry, and I just want to give up. These days, it is hard to see a bright spot. On those days, please realize I have not given up, but I am just tired of fighting.
- At times, I need a kick in the pants. I need understanding, but some days, I just need a kick in the pants to get back up, keep moving, leave my pity party, and keep fighting this disease.
- I don't know how to deal with me, so I can only imagine how hard it is for you. My wife once told me, "I do not know who I am coming home to?" Guess what, sometimes I do not know either, and that can be very frustrating.
- There is so much uncertainty, and some days I am terrified of the future, living, and just what that life will look like. Uncertainty of the future and this disease can be frightening.
- Sometimes I just need a hug and someone to sit with me. Many days, I just need someone to put their arm around me, hug me, cry with me, and just say, "This sucks, but I am here for you."

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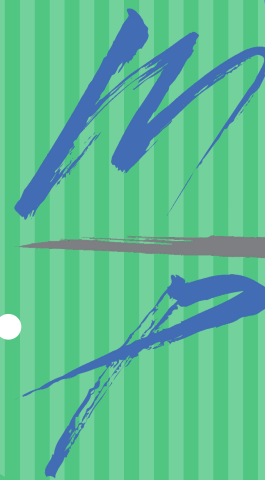
Many think that there must be some great act of kindness or tremendous gift or service, but sometimes the smallest things mean the most. Walking this path with people who care and seek to understand makes this journey that much more easy to travel. Without you helping us, we would not make it.

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WISH PEOPLE
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The mental and emotional battle is just as hard as the physical.

10 MORE THINGS:

- There is grief, more than I even realized, and sometimes, I just need to cry. In many ways, I am in mourning the life I thought I would have, the death of dreams, and the things I can no longer do. This grief is very real and something I continually feel as this disease progresses.
- There is self-doubt. Once, so sure of myself, but now, I can't trust my own body. I question so much, from abilities to relationships. It is like continually trying to find your balance and never knowing when the rug will be pulled out from under you. There is always doubt.

- There are days when we don't want to talk or think about it. Nothing personal; shutting you out; I just don't want to deal with it. I still appreciate you and want your help, so please don't take it personally. Often, there is just really nothing you or I can say to make this better.
- Sometimes I need to laugh. This disease can be overwhelming and discouraging, and I love to laugh, so please laugh with me. If I tell a joke about it, it's okay to laugh with me. Also, if you are able, make me laugh - honestly, I can probably use it.
- Sometimes it is hard to control myself. Between my body and my emotions, it is hard to regulate this. Trust me, I am trying, but please be patient when my reactions, emotions, or body are not cooperating.

HOW DO YOU EXPLAIN...

...something to a person who has never experienced it” How do they understand what this disease feels like? The previous brochure dealt mostly with the physical aspects of this disease, but that is just a part of this battle. So much of the struggle I and others face with Parkinson's Disease is the battle that takes place in the mind and emotions. This part of the disease can be even more of a challenge. These are 10 more things that I hope help you better understand your loved one's battle with Parkinson's and how you can help them.

