

# Feeling Apprehensive? Anxious?

lets keep it simple

[An extract from our publication “Just had a diagnosis of Parkinson’s]

This is by far the most common symptom I have seen in people with Parkinson’s.

Although we tend to view Parkinson’s as a movement control disorder due to a reduced provision of the chemical dopamine in the brain; it is important to recognise that dopamine is not just responsible for carrying messages across the brain to every muscle in the body, Dopamine is also a reward or feel-good chemical. If the levels of dopamine are lower than it should be, then it is expected that your mood will be lower too. This often manifests itself in the form of anxiety, apprehension, and you could find yourself dwelling on minor worries, making mountains out of molehills and may even experience depression.

It is not unusual to find people have been treated for anxiety and depression many years before they are diagnosed with Parkinson’s only to come off the treatments when they receive a Parkinson’s diagnosis as they realise then it isn’t them after all; they can stop persecuting themselves for feeling low or unenthusiastic now they understand the likely cause.

## ***An example of the negative effects of Parkinson’s anxiety.***

So you may learn that there is a group, exercise class, coffee morning etc that seems perfect for you. But watch out for the Parkinson’s anxiety that will probably provide you with a whole myriad of reasons not to go by the time the event comes around, only to make you feel worse after when you think “I wish I had gone and given it a try”

So the moral of the story is: Do not let Parkinson’s define who you are. Give anything a try, your presence will be very welcome, and if it's not for you, then try something else. By attending any of these groups you commit to nothing. You may come or go as you please, and most events are free or of little cost. Don’t forget just by turning up, you help others.