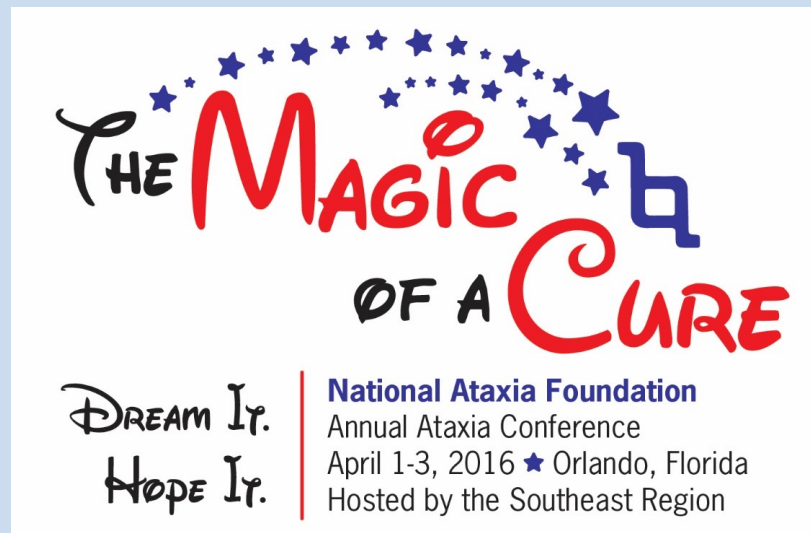


The Ataxia Rollercoaster: How to Have a Smoother Ride with the Ups, Down & Loop-the-Loops of Life

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The Ataxia Rollercoaster

*How to Have a Smoother Ride with the
Ups, Downs & Loop-the-Loops of Life*



Why I do, what I do...

My stress &
pain began at
a very young age.

(maybe my bun was too tight)



What do you find stressful?

Remember, stress comes from both happy and challenging times.

What do you do to de-stress?

Vacation

Bath

Retirement

Yoga class


Exercise

A stiff drink!?

Massage

Read

It doesn't last- Why? You take yourself with you!



Your stress comes not from the event, but from your reaction to the event. When you react you are either in the past or future, not where your feet are planted.

The Culprit is... Your Mind

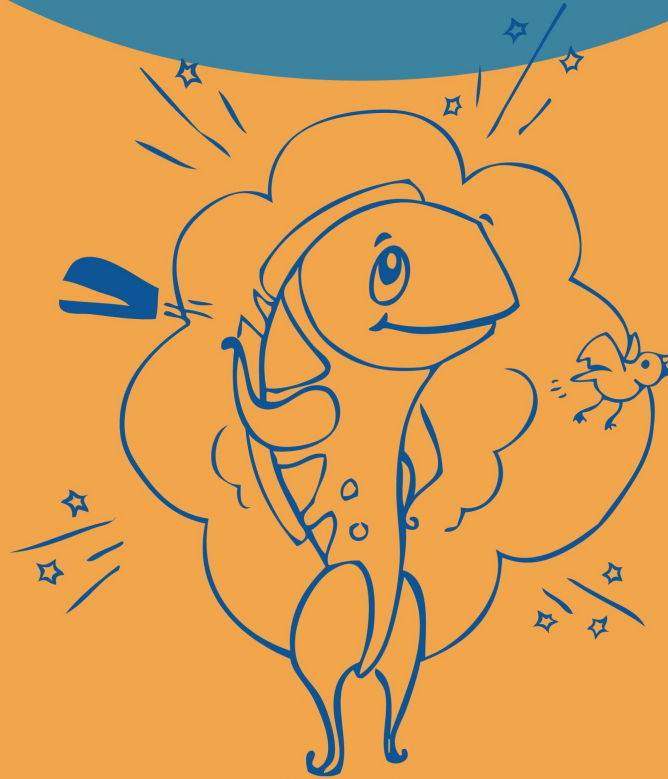
40,000 - 80,000 thoughts per day

The mind loves to be entertained

You cannot force thoughts to stop

Tendency to become forgetful, scattered, reactionary

The Solution



Simple? *Yes...* Easy? *No.*

Calm your mind Meditation

Paying attention,
focusing your mind

What is Mindfulness?

Cultivating non-judgmental awareness of the present moment. Observation without judgment
Embracing all that is in any given moment.

Benefits of Mindfulness

Calm the mind

Improve coping skills for pain/ emotions

Decrease stress symptoms

Improve quality of life

Increase spiritual well-being

Be where your feet are planted...



How?
Riding the Waves
vs.
Battling the Waves

Riding the Waves

Noticing the wavelike motion, rather than trying to change what is happening, gives you the ability to stay out of reaction

It is what it is, while it is, the way it is, until it changes – and it will change.

Battling the Waves

Fight or flight response

Habitual pattern of reacting

Adversely affects overall health

Riding the Waves is Effective for...

Pain

Thoughts

Emotions

Fatigue

Let's experiment
with riding the waves
of breath...

What did you notice?

Benefits of Breathing Techniques

Emotional:

- Calms the mind
- Calms nervous system
- Uplifts mood
- Improves clarity

Physical:

- Oxygenates the body
- Lowers pain
- Aids digestion
- Eases muscle tension
- Increases stamina
- Improves sleep

Let's take breath a bit
further...

What did you notice?

Remember

You are so Much More Than
a Patient or Caregiver

(iceberg analogy)

Solution Time! Let's get a game plan ...

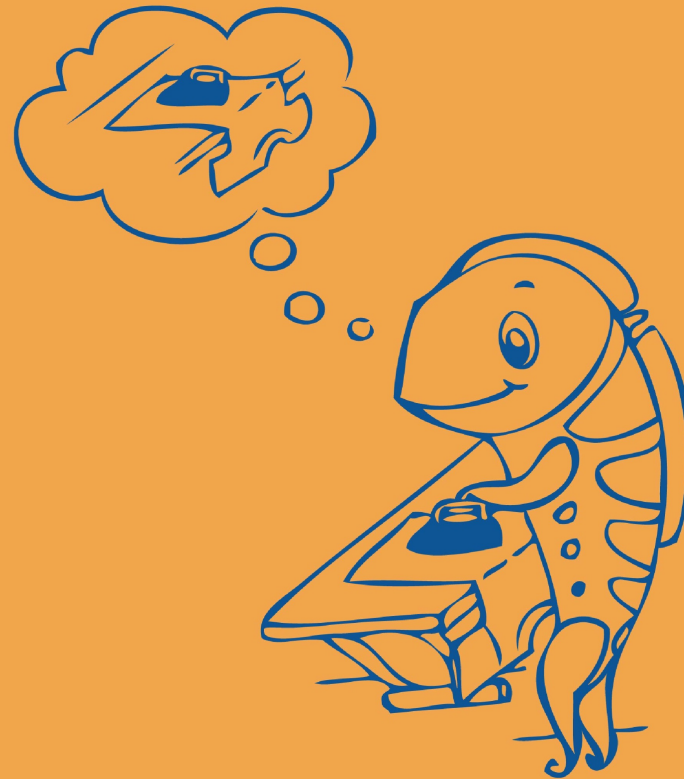
Begin each day with a short practice


Each day look for simple ways to
fill up and recharge

*What do you enjoy that you no
longer do? Can you stay
present with your tasks?*

Commitment time!

No time? No problem!
fill up with daily tasks





Let's put this all
together with a
story

Thank You!

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