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
- Emotions
- Thoughts
- Fatigue
Let’s experiment with riding the waves of breath…

What did you notice?
Benefits of Breathing Techniques

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

**Emotional:**
- Calms the mind
- Calms nervous system
- Uplifts mood
- Improves clarity
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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Book –  *Splash into Calm*

Virtual No B.S. book club