

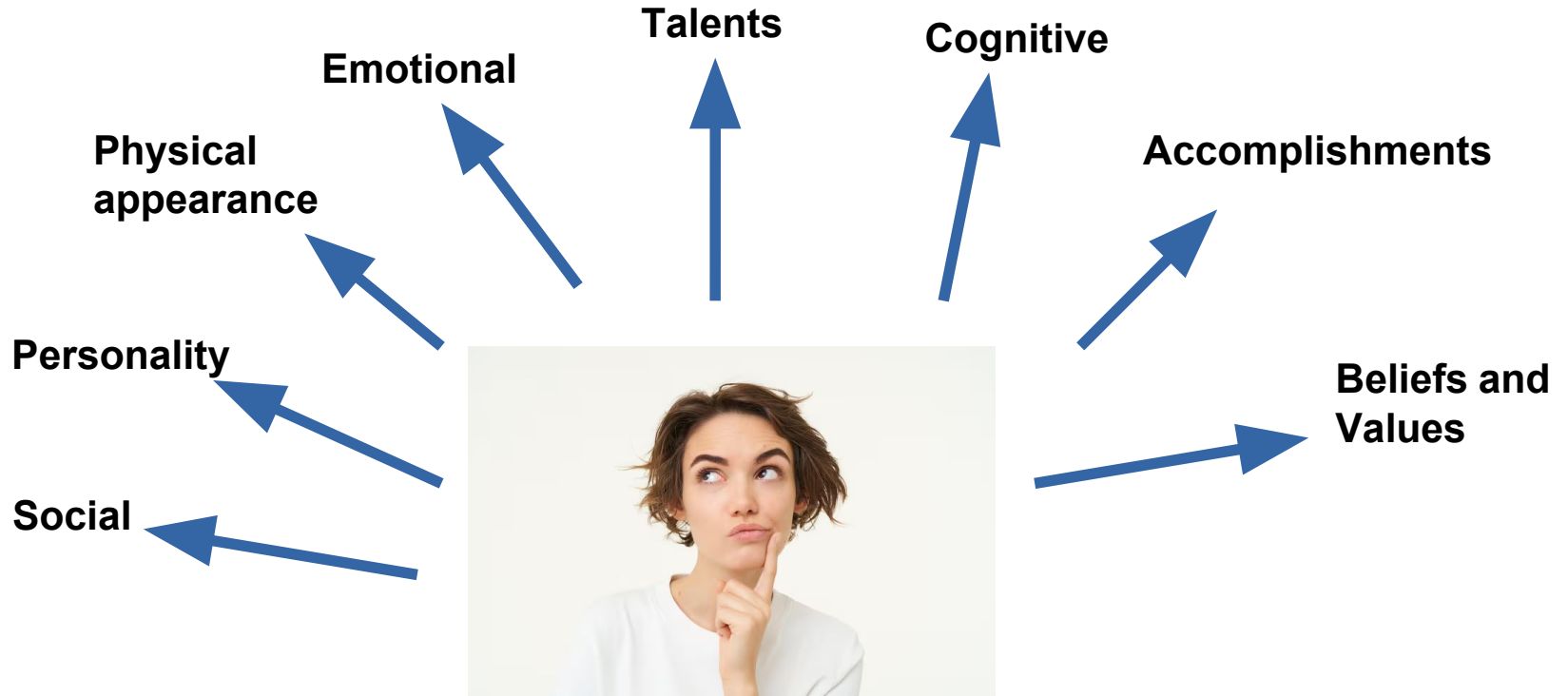
Self-concept = How you view yourself

Who
Am I?



Do I Have a
Positive
or Negative
View of
Myself?

Aspects of Self-Concept



What Influences Self-Concept?

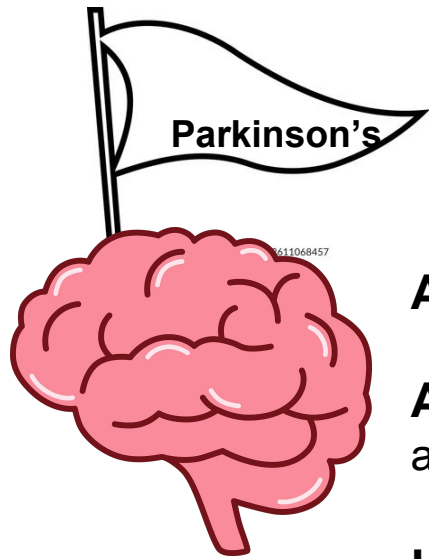
positive interactions
social support
success



negative feedback
poor health/stress
chronic failures

aging
culture
media
emotions





How Parkinson's Affects Self-Concept

Anosognosia – decreased awareness of our own bodies, thinking, and emotions

Apathy and depression – more negative view of self, reduced interest in activities and interacting with others

How others react – embarrassment, shame, and rejection may lead to social withdrawal

Changes in personality – may feel a loss of our former self

Loss of past abilities - may decrease our sense of competence and dignity

Beliefs and values – may question our beliefs or change what is important to us

Develop a More Positive Self-Concept

Goal: Increase positive interactions, success, health, and social support.



- **Reframe Your Thinking:**
 - I can't. → I'll try it.
 - I'm a burden → I'm loved and cared for.
 - I'm not who I was. → Everyone changes. I am valuable just as I am.
- **Build healthy habits** – nutrition, exercise, sleep, stress management, medical and dental care
- **Service** - Say or do something kind or helpful for someone else.
- **Camaraderie** – Spend time with people who uplift you and understand your challenges.
- **Learn Something New** – Watch a documentary, listen to a podcast, read an article, try a new exercise class.
- **Set Realistic Goals** – Focus on what you CAN do. Give yourself credit for effort.
- **Recognize What You Have to Offer** – You can still show love and kindness.