

Welcome to this week's Newsletter. We hope you are all keeping safe and well. Please note that our Freephone Helpline 1800 359 359 is open from 9am - 7pm Monday to Thursday and 9am - 5pm on Fridays. If you wish to avail of our Nurse led call back service please phone the Helpline to arrange a call.

🌟 LAUNCHING TODAY(yesterday).....

Twitter Post from Nicola Halloran [@thewonkyspatula](#)
[Nicola Halloran](#)
[@thewonkyspatula](#)

I'm extremely pumped to be collaborating with [#HushRathmines](#) to launch the Bangin' Chicken Sambo! It is a celebration of some of my favorite flavor combos and is absolutely BANGIN 🔥
Proceeds going directly to [@ParkinsonsIre](#)
this June youtu.be/MucktA0km2I
Follow us on Twitter - -
<https://twitter.com/ParkinsonsIre>

Anxiety is feelings of fear or worry. It is normal to experience anxiety when faced with new, challenging or stressful situations, however such feelings usually subside over time. Some people feel anxious for long periods of time. Anxiety may make you lose sleep or lose your appetite. In extreme cases, it may lead to a panic attack, which can make you dizzy and short of breath. Anxiety may lead to avoiding situations where – even if only imagined – this feeling may occur. Non-specific anxiety can also be a sign of depression.

Anxiety is a natural reaction to unfamiliar or threatening situations. However, beyond a certain level, it can affect your wellbeing and ability to cope with daily life. At this point anxiety would then be diagnosed as a 'disorder' according to the Diagnostic and Statistical Manual of Mental Disorders (*DSM-V*) or the *International Classification of Diseases (ICD-10 F)*.

There are several different kinds of anxiety disorders. Some people may experience more than one type:

• **Generalised anxiety disorder (GAD)**

This common form of anxiety involves excessive and uncontrollable anxiety about everyday matters but is not focused on a particular object or situation. Being anxious about the future is normal, but anxiety can become disabling if stops you from doing everyday activities and pursuing your goals.

• **Panic attacks**

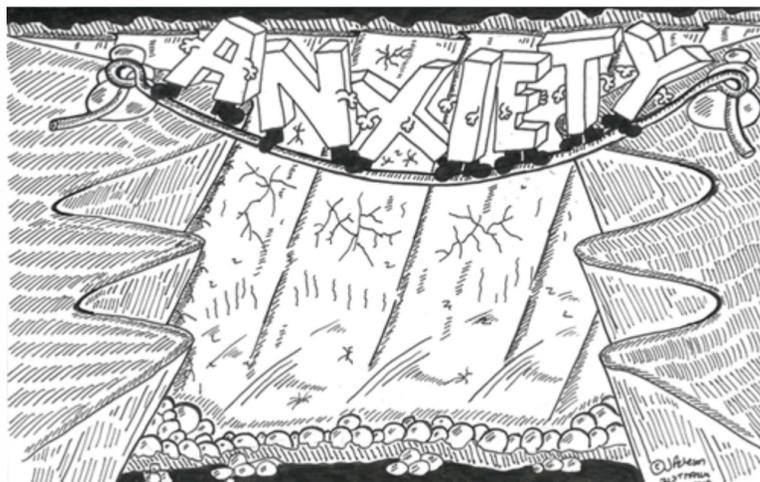
These are usually brief attacks of intense fear and anxiety. You may experience a racing heart, shortness of breath, trembling, confusion, dizziness, sweating and nausea. Some panic attacks last more than an hour. They may be triggered by stress, fear or even exercise, or the cause may not be clear. Freezing, although very disturbing, is not experienced as a panic attack when it occurs in Parkinson's.

• **Phobia**

An intense but irrational fear of a situation or thing that is not actually dangerous, such as spiders or the sight of blood.

• **Social anxiety disorder or social phobia**

A fear and avoidance of everyday social situations because of fear of embarrassment, humiliation or social interaction. Many people who experience this form of anxiety often try to avoid social situations, which may lead to isolation.



To access the full article [Click Here](#)



You are invited to:
**Nutrition & You
Talking to the Experts**



Thursday 17th of June 10:45 am - 2:00 pm

Nutrition & You: Talking to the Experts is a free online event, open to everyone, which will provide information on a wide range of topics including:

- Weaning and Feeding Toddlers
- Sports Nutrition
- Healthy Ageing
- Body Weight and Disordered Eating
- Gut Health
- Food Allergies and Alternative Diets

Interviewing the expert dietitians will be Television Presenter, Anton Savage.

For more information and to register your place for free, visit:

www.nutritionandyou.vfairs.com

Nutrition & You: Talking to the Experts is a FREE online

event, in collaboration with @trust_indi, taking place June 17th and will provide evidence-based info on a wide range of nutrition topics. Event MC Anton Savage. To register click on the link <https://bit.ly/3yF7i1D> #NutritionAndYou

World Brain Day 2021 (July 22nd)

World Brain Day takes place this year on July 22nd and our theme is **Looking Beyond COVID-19: The Future of Neurological Care.**

NAI will be hosting a FREE webinar on the day.

To register for this event and to find out what is happening on the day, keep an eye on all of our social media pages and both www.nai.ie and [Love Your Brain](#) where we'll be publishing details of our plans in the coming weeks.



#EPDA's new survey focused on late-stage #Parkinsons #treatment & information survey, aimed at people with #Parkinson's of any age, date of diagnosis or stage of #Parkinsons & #carers. Available in EN & takes approx 15 mins to complete: <https://loom.ly/IBE-vNM> #datacollection

