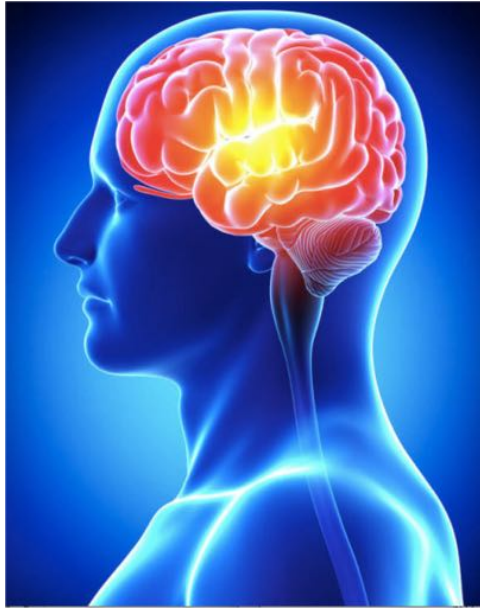


# Daily Inspiration/Mantra:

## *Day 07- Final Thoughts*



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May 30, 2018

 **PWR!** Retreat

## PWR! Retreat 2018: A Daily Mantra Using Quotes

May 24- Hope  
May 25- Positivity  
May 26- Persistence  
May 27- Adversity  
May 28- Courage  
May 29- Life

## PWR! Retreat 2018: Final Thoughts

*Living with Parkinson's requires several personal strengths to bolster our daily dealing with its subtle but substantial life-changes:*

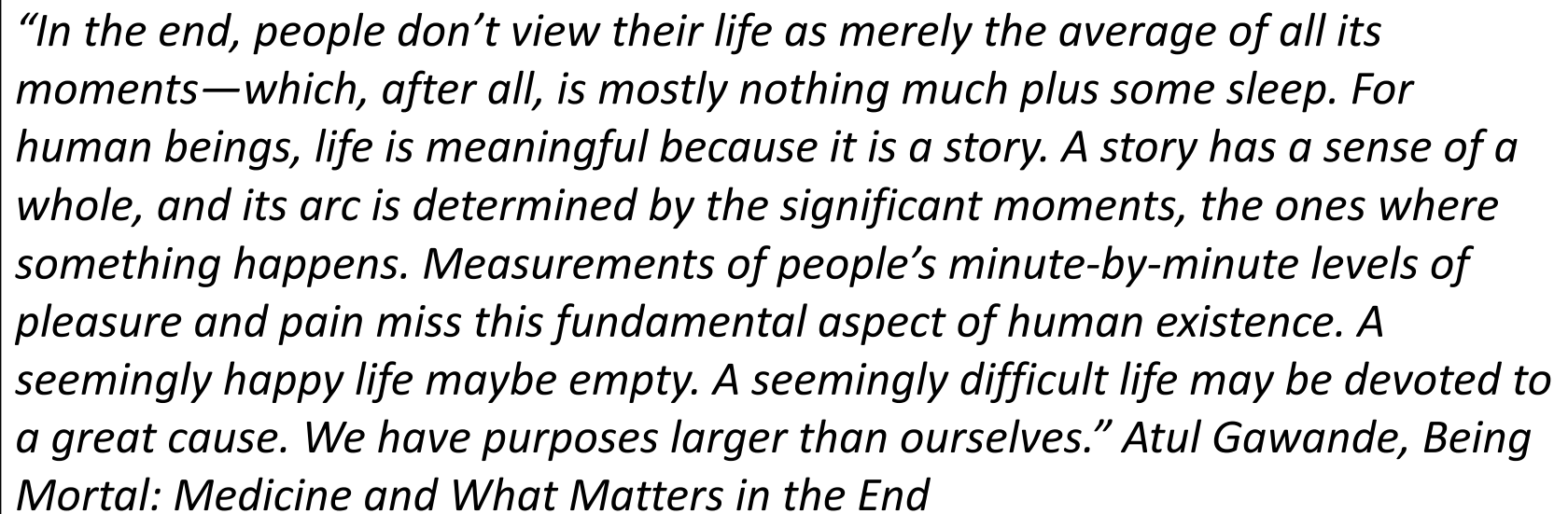
- **Hope**- we must remain hopeful as it provides the foundation that you with your loved-ones, family, friends, colleagues and healthcare team are making a difference dealing with your Parkinson's;
- **Positivity**- staying positive provides the fuel that starts each life-day with Parkinson's;
- **Persistence/perseverance**- you need steadfastness in everything you do to counter the challenges of the disorder;

## PWR! Retreat 2018: Final Thoughts (cont'd)

- **Adversity-** We will learn much about ourselves as we experience adversity, and we can still thrive and live better from its aftermath. Keep active mentally and emotionally, and stay physically strong as we're able;
- **Courage-** your own strength provides the fulcrum where resistance resides to confront the effects of the disorder;
- **Life-** we may want a script to follow to simplify the daily tasks of our lives; however, the evolving complexity of life in the presence of Parkinson's can still be fulfilling, loving and most happy.

***And please remember, (i) Parkinson's is neither a weakness nor a failure on your part and (ii) stay you each and every (future) day in your life. Good luck in your journey!***





*“In the end, people don’t view their life as merely the average of all its moments—which, after all, is mostly nothing much plus some sleep. For human beings, life is meaningful because it is a story. A story has a sense of a whole, and its arc is determined by the significant moments, the ones where something happens. Measurements of people’s minute-by-minute levels of pleasure and pain miss this fundamental aspect of human existence. A seemingly happy life maybe empty. A seemingly difficult life may be devoted to a great cause. We have purposes larger than ourselves.” Atul Gawande, *Being Mortal: Medicine and What Matters in the End**