

## UPCOMING EVENTS

- **SongShine with Joani**
  - **Winter 2022 Sessions** | Thursdays, November 17 – December 15  
Learn more & register: <https://bit.ly/songshine-winter22>
- **Dance the Holidays** | Tuesdays, November 15 – December 13  
Learn more & register: <https://bit.ly/danceholidays>
- **Debriefing the Caregiver Role** | Thursday, December 15  
Learn more & register: <https://bit.ly/debriefcaregiver>

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## UPCOMING FUNDRAISING EVENTS

### *Champions for Parkinson's*

- Donate a Car Canada: Ongoing (read more: <http://bit.ly/2ORTuJn>)

### *We're looking for more Champions!*

Do you want to help fund research, grow support networks, and improve quality of life for those living with Parkinson's disease (PD)? Become a Champion for Parkinson's and plan your own independent community fundraising event! Contact us at [events@parkinson.bc.ca](mailto:events@parkinson.bc.ca) or 1-800-668-3330.

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## TIP JAR

The Tip Jar is where we share advice from Parkinson's community members. This month we share a tip on **sleep hygiene!**

Sleep is essential to our well-being and if your sleep-cycle has been off for an extended period of time, it begins to affect your quality of life with issues like fatigue, brain fog, and trouble concentrating. A quick tip to incorporate into your daily routine would be to put the electronics away a few hours before your bedtime. For example, if you plan on being in bed by 10:30pm – put the phones and laptops away at around 8:30pm to allow your body to naturally produce melatonin in the evening and avoid any sleep disturbances.

Finding it difficult to make a change like this? Then consider getting a pair of blue light glasses that filter and block out those harsh blue lights from electronics that make it harder for you to

fall asleep (and stay asleep, most importantly). You may also want to consider creating a relaxing bedtime routine for yourself including things like sipping on a cup of chamomile tea, a nice bath, twenty minutes reading a lighthearted book, or even a spiritual practice.

Try these tips out and let us know how it goes for you!

*Do you have any tips or tricks that you would like to share with the Parkinson's community? These can be tips from something that works well, to eating and dressing, to getting out of bed or travelling! All tips and tricks are welcome! Please share your ideas at [info@parkinson.bc.ca](mailto:info@parkinson.bc.ca).*

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## **NEWS & ANNOUNCEMENTS**

### ***Preliminary totals from Parkinson SuperWalk are available!***

Thank you to everyone who joined us to celebrate at Parkinson SuperWalk the weekend of September 10 and 11. Together, we have raised over \$380,000 and counting! We are humbled by the efforts of our volunteers and participants, as well as grateful for all our donors. Totals, including individual, team, location, and provincial can be found at <http://www.parkinson.bc.ca/sw-totals>. Our website will be open for donations until December 31, 2022.

### ***Renew your membership or become a member of Parkinson Society BC***

Membership fees and donations are a critical source of funding for Parkinson Society British Columbia. A strong membership gives us a louder voice on matters of importance to the Parkinson's community.

Our membership year runs from January 1 to December 31. Memberships purchased on or after September 1 will be valid from the point of payment through the end of the following calendar year. The cost of membership is \$25 per household. Learn more at:

[www.parkinson.bc.ca/membership](http://www.parkinson.bc.ca/membership)

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## **DISCUSSION TOPIC: Goal Setting**

### ***Discussion Questions***

1. What has been your experience with setting goals in the past? Have you been able to stick to your goals, or did you have some difficulties?
2. What are some big picture goals you currently have? What smaller goals can you set to make achieving bigger goals easier?
3. Has writing your goals following the SMART format helped you organize yourself better?

With the holidays fast approaching and the year coming to an end, December is the perfect time for some self-reflection and to begin thinking about goal setting for 2023. You can set goals in essentially any category: health, finances, career, personal relationships, etc., and create a plan for yourself to reach your next big milestone. Start by asking yourself – what were my wins for 2022? What areas can I improve upon in the future?

Did you go for that morning jog to start your day off on the right foot? Did you wake up earlier to make yourself a healthy breakfast instead of skipping it because you were in a rush? Did you perform well at work this year and hit (or even exceed) all your targets? These are all wins! Now, what are some areas you can work on? Maybe you didn't make enough time to practice a hobby you really love or even possibly overworked yourself without taking time for self-care. The most important part here is to be honest with yourself and the things you want out of life.

In this issue of GroupLink, we will explore goal setting, including what it is, and tips on how to set goals effectively without getting overwhelmed and remaining realistic.

### ***What is Goal Setting and Why It's Important***

“Goal setting is a powerful process for thinking about your ideal future, and for motivating yourself to turn your vision of this future into reality (Personal Goal Setting, n.d.)” This is important because it allows you to gain clarity on what you want your life to look like in different areas with a concrete destination, as opposed to a vague idea that may result in a lack of motivation to get there.

Setting a goal will give you long-term vision and an organized set of steps to achieving it in a timely manner. Another benefit is the boost of self-confidence you will get when you are able to cross a goal off your list. Through properly defining and achieving your goals, you will be able to measure your progress and acknowledge your ability to follow through and commit to yourself. This creates a positive feedback loop of holding yourself accountable, which will improve your self esteem and quality of life overall.

Moreover, when you set goals, you do so on different levels. There are big picture or “lifetime” goals that are broken down into smaller chunks that can collectively help you attain these bigger achievements. Eventually, as you create smaller goals out of the big picture goals, you can organize a plan for yourself to follow.

The process of setting goals always begins by looking at what you want overall (i.e. I want to be the healthiest I can be for my age), then you can divide this into what you can start doing daily, weekly, monthly, bi-annually, annually, five years, ten years, etc. As you dive into this process, you will then have to ask yourself which steps should take priority. Since we all have 24 hours in a day, we can only accomplish so much within our daily routine, so prioritize what needs to be done first instead of attempting to do it all at once.

Prioritizing can also be related back to ‘The Four Burner’s Theory’ which means in order to prioritize one goal or area of your life, you may have to turn the heat or burners down on other areas (Clear, 2022).

### ***How to Set SMART Goals:***

To begin, think about all the different areas of your life such as health, career, relationships, finances, education, and hobbies – what do you genuinely want out of these categories?

Acknowledge what you want and then write it in the form of a SMART goal. A SMART goal is an acronym for Specific, Measurable, Attainable, Relevant, and Time-Bound (Personal Goal Setting, n.d.). Following the SMART format will help you plan the steps for each goal into something more tangible.

For example, someone who has set themselves a goal of living a healthier lifestyle as a SMART goal could look like:

**S (Specific or Significant)** – I want to exercise much more and increase my flexibility.

**M (Measurable or Meaningful)** – I will go for evening walks 3 times per week and do a light yoga class twice a week at my local recreation centre.

**A (Attainable or Action-Oriented)** – I will make sure I get adequate sleep each night and eat a healthy breakfast, lunch, and dinner each day, so I have the energy to go on these walks and attend these yoga classes.

**R (Relevant or Rewarding)** – I will ask a friend to be my accountability partner and aim to make new friends at my classes.

**T (Time-bound or Trackable)** – At the end of each month, I will test my flexibility and see if there is improvement.

While setting goals for yourself, it's important to state or write each goal out as a positive statement. Don't focus on the negative, or what you want to avoid (i.e., instead of 'Don't eat so much candy and sugar' try 'Eat healthier by adding more fruits and vegetables to my diet and drinking more water'). Keep things positive!

While it's important to be descriptive and have a vision for yourself, don't overwhelm yourself with too many details as it may discourage you from starting. Keep things concise and to the point. Add measurable components like dates and numbers, but also leave some things open to the natural flow of life.

While big dreams are wonderful to have, and you should have them, it's also important to set goals for ourselves that are realistic but also challenge us to grow personally.

### ***Setting Goals with Parkinson's***

As an individual with Parkinson's or a carepartner/caregiver, you may have unique goals that involve the management of the disease, such as being more detailed when tracking your

symptoms, being more prepared with questions at your next doctor's appointment or seeking more social connection within the Parkinson's community. Some resources that Parkinson Society BC (PSBC) offers that could help you reach these, and other health-related goals include:

- **ParkiTrack:** [ParkiTrack](#) is a diary where you can track your Parkinson's symptoms and medications to help your doctor/healthcare provider see what is working and what is not.
- **Support Groups:** A safe place (in person and virtual, depending on location) for people with Parkinson's and their loved ones, to meet others within the Parkinson's community to support one another, chat, and continue to learn [[learn more here](#)].
- **Counselling:** Book an appointment to discuss and resolve issues that are keeping you from reaching your goals.
- **Virtual Physiotherapy:** Chat with our neuro physiotherapist, Shelly Yu, about your movement goals and gain practical tips on how to achieve them [[learn more here](#)].
- **Recorded Exercises Classes:** Take a look at our [Recorded Exercise Classes](#) on our Resources page, as well as our latest uploads on our [YouTube channel](#) to find a series that interests you and matches your skill level.

Setting goals is only half of the work. After defining your goals, you must create an environment that will allow you to be successful in achieving them. For example, keeping your ParkiTrack diary next to your nightstand with a pen so you can write down your health notes before bed or mid-day, instead of in a drawer because you may forget. This is also known as a visual cue (Clear, 2022). Join exercise classes, such as the ones PSBC offers throughout the year (linked above), to get more physical activity and connect with community to help with the loneliness or isolation you may feel. Buy a pretty water bottle to help motivate you to reach that goal of keeping hydrated and drinking more water. Purchase an alarm clock instead of using your phone, to avoid distractions before bed and blue light that may negatively impact your sleep quality. These are all actions you can take to modify your environment that will set you up for success.

What are your goals for 2023?

### **Additional Resources**

- Oral Motor Inventory for PD [[view helpsheet](#)]
- Exercise Booklet [[view booklet](#)]
- Preparing for a Medical Appointment [[view helpsheet](#)]
- Well-Being Map Training [[view video](#)]

### **Sources**

Clear, J. (2022, August 31). *Goal setting: A scientific guide to setting and achieving goals*. James Clear. Retrieved November 20, 2022, from <https://jamesclear.com/goal-setting#What%20is%20Goal%20Setting>

*Personal Goal Setting*. MindTools. (n.d.). Retrieved November 20, 2022, from <https://www.mindtools.com/a5ykiuq/personal-goal-setting>