

links for all

[DOWN DOG
YOGA](#) - FREE
OFFERS, SEE
LINK FOR
DETAILS

[MUSIC TO CALM
AND RELAX](#) -
EASY TO
DOWNLOAD

[MEDITATION,
SLEEP, AND
RELAXATION](#) -
FREE!

[OUR RECENT
BLOGS](#)

[QUICK TIPS BY
NPR](#)

[OUR RESOURCES](#)

Neurological Conditions and self care for Coronavirus/Covid 19

ALL TO FOLLOW CURRENT [CDC](#)
RECOMMENDATIONS OF:
FREQUENT HAND WASHING
AVOID CLOSE CONTACT
WEAR A MASK AROUND OTHERS
COVER COUGHS AND SNEEZES
CLEAN AND DISINFECT
**PLUS THOSE SPECIFIC
TO YOUR CONDITION**

ABI/TBI

- No known increased risk due to brain injury
- If stroke related – continue medications, increase stabilization, follow neurologists recs. See more [here](#).
- Watch diet, manage stress, practice exercises for balance
- Stock 3 months of medications
- See more resources for Coronavirus and ABI/TBI [here](#) and [here](#)

MS

- Work on stress reduction
- No specific risk increase due to MS
- Stay in touch with your neurologist
- Stock 3 months of medications
- For more information, click [here](#)

Migraine

- Be very careful of triggers to prevent worsening
- Monitor and minimize stress
- Stock 3 months of medications

Parkinson's

- Due to the common tie to age 60+, PLEASE stay in touch.
- Click [here](#) for a letter the Parkinson's Foundation Assoc. c. recommendations.
- See more updated content, keeping up present.
- For audio and video content, through the Michael J. Fox Foundation click [here](#).

Seizures

- If consistently seizure free with medication for 6 months or more without additional symptoms, there is no correlation at this time.
- Stock 3 months of medications
- Manage stress and worry