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## How To Foster Your Physical and Mental Health When You Have PSP or CBD

Progressive-Supranuclear Palsy (PSP) and Corticobasal Degeneration (CBD) are two neurodegenerative diseases that can have a major impact on your health. Taking care of your physical and mental health is important for managing these diseases. In this blog post, The [PSP & CBD Foundation](#) explores practical tips for fostering your physical and mental health if you have PSP or CBD.

### Physical Health

There is no one-size-fits-all approach to managing PSP or CBD, but there are some [general things you can do](#) to take care of your physical health. First, stay active and eat a healthy diet. Exercise can [help improve your symptoms](#) and slow the progression of the disease. Eating a healthy diet will also help you maintain your [strength and energy levels](#).

Second, remember to get enough rest. Sleeping helps your body repair itself and can also improve your mood. Try to develop a nightly routine that [helps your mind and body wind down](#)

from the day's events (e.g., reading a physical book, turning off electronic devices, mindful meditation, etc.).

Finally, it's essential to keep up with [your medical appointments and treatments](#). Talk to your doctor if you're feeling overwhelmed or have any questions about your treatment plan; they can help you make adjustments to ensure you're getting the most from your treatment.

## Mental Health

In addition to taking care of your physical health, you'll want to foster your mental health. People with PSP or CBD [often experience depression and anxiety](#), and it's critical to find ways to cope with these emotions in a healthy way. Some people find that [talking to a therapist or counselor](#) can be helpful while others find relief in journaling, painting, or listening to music.

Don't forget to stay connected with others who understand what you're going through. Many [support groups are available](#) for people with PSP or CBD. These groups can provide valuable social support and allow you to share information and advice with others who are dealing with similar issues.

## Conclusion

Managing Progressive-Supranuclear Palsy (PSP) or Corticobasal Degeneration (CBD) can be difficult, but you must foster your physical and mental health. Staying active, eating a healthy diet, getting enough rest, and keeping up with medical appointments are all essential for managing these diseases.

Additionally, remember to identify healthy ways to cope with depression and anxiety, and connect with others who understand what you're going through. If you need assistance managing PSP or CBD, don't hesitate to contact a doctor or counselor.

*Would you like to read more helpful content or learn about our organization? Visit [PSPCBDFoundation.org](http://PSPCBDFoundation.org) today!*

*About the Author: Teresa Greenhill is the co-creator of [MentalHealthforSeniors.com](http://MentalHealthforSeniors.com), which is dedicated to providing seniors with information on physical and mental fitness. Being a senior herself, Teresa, with some help from her granddaughter, manages the website as a way to keep her busy and help other seniors be active and happy in their golden years.*