Meet Kendra

- Kendra is 23 years old and has had type 1 diabetes for 7 years
- She recently graduated from college and started a stressful job
- Since starting her new job, she says that managing diabetes has become overwhelming

Meet Bruce

- Bruce is 43 years old and has had type 2 diabetes for 17 years
- He has ESRD and needs to get his A1C <7% before he will be considered for transplant
- He does not check his BG regularly because of what he thinks the number means
Meet Sylvia

• Sylvia is 63 years old and was diagnosed with type 2 diabetes 2 years ago
• She is very social and many of her social activities are centered around food
• Sylvia knows she needs to eat less, but does not think she will be able to change

What is Mindfulness?

• Mindfulness means paying attention, on purpose, in the present moment, without judgment
• Adopting a curious, open, and accepting attitude toward current experiences

Introduction to Mindfulness

Does Mindfulness Work?

Research shows that mindfulness can be used to:

- Reduce stress
- Reduce symptoms of depression and anxiety
- Decrease emotional reactivity
- Improve cognitive flexibility
- Improve social relationships

Key Takeaways

- Mindfulness is a practice
- Mindfulness is meant to be incorporated into daily life
- Mindfulness works!

You can’t stop the waves, but you can learn to surf

~Jon Kabat-Zinn
Mindfulness and Diabetes

Living with Diabetes is Tough
- People with diabetes often feel overwhelmed, frustrated, or ‘burned out’ by the daily hassles of diabetes management.
- These experiences can impact self-care behaviors, glycemic control and quality of life.

Hidden Symptoms of Diabetes
- Living with diabetes can involve experiencing difficult thoughts, emotions and physical symptoms.
- It’s common for people to ‘engage’ with these uncomfortable thoughts, emotions, making them more of a focus.

Mindfulness Can Help
- Mindfulness has been shown to improve psychological well-being and improve quality of life in people with diabetes.
- Mindfulness-based interventions are associated with improved glycemic control.
Key Takeaways
- Living with diabetes can be stressful
- Fighting diabetes stress can make it worse
- Mindfulness is an effective strategy to help manage stress

Incorporating Mindfulness and Diabetes Care
- Blood glucose monitoring
- Diabetes-related distress
- Eating

Mindfulness in Diabetes Care

Blood Glucose Monitoring
- People with diabetes avoid blood glucose monitoring because of meaning assign to the result
- Mindfulness can help people with diabetes see their blood glucose more objectively

Mindfulness is Experiential!

Diabetes-Related Distress
- Diabetes-related distress is defined as having difficult feelings about diabetes
- Mindfulness can help people with diabetes feel less overwhelmed by the emotional aspects of diabetes
Leaves on a Stream

Eating
- ‘Mindless eating’ can be a significant barrier to making healthy food choices
- Mindful eating has been shown to help people with diabetes improve food choices, lose weight and increase glycemic control

Key Takeaways
- Mindfulness can help in many aspects of diabetes management
- CDEs can incorporate mindfulness into their work

Mindful Eating

Integrating Mindfulness into Your Work
- Ask your patients about their emotional experience
- Think outside the box
- Practice mindfulness yourself!
Integrating Mindfulness into Your Self-Care

- You can be mindful anytime and anywhere
- Be aware of your thoughts, emotions, and body
- Remember it’s hard to preach mindfulness if you don’t practice mindfulness

Bruce Today

- Bruce has started using mindfulness to manage his discomfort with checking his blood glucose
- Checking his blood glucose more regularly has helped him to feel more empowered with his diabetes management

Key Takeaways

- You can use mindfulness in your work
- Mindfulness is experiential
- With mindfulness, it’s important to practice what you preach!

Sylvia Today

- Sylvia became aware of how mindless her eating had become
- Using mindful eating she found that she now enjoys food more
- Mindful eating has empowered Sylvia to make healthier food choices

Kendra Today

- Kendra tries to use mindfulness to observe her thoughts and emotions
- She never realized that she could have a thought and not engage with it
- She reports feeling much more empowered in her diabetes management

I may have diabetes, but diabetes does not have me.
~Anonymous
Questions?

Thank You!
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