

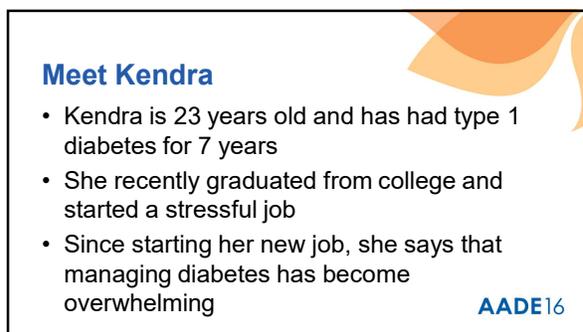
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Embrace Change, Strengthen Our Future, Celebrate!
AADE American Association of Diabetes Educators



Integrating Mindfulness Techniques into Your Toolbox
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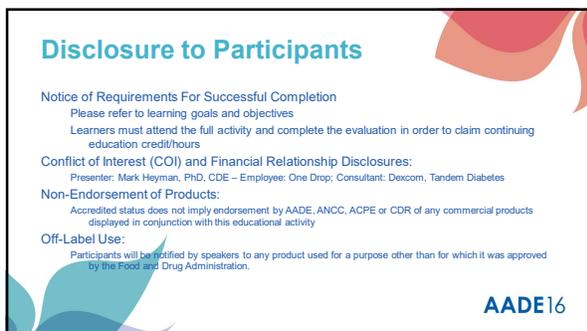
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Meet Kendra

- 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

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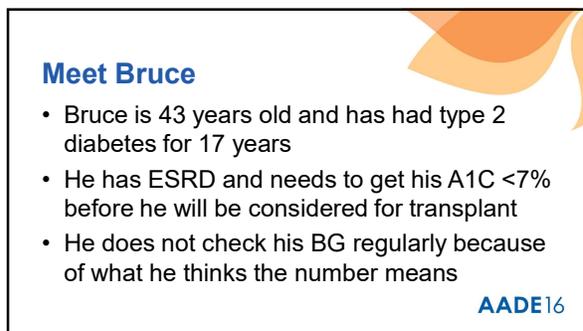
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Please refer to learning goals and objectives
Learners must attend the full activity and complete the evaluation in order to claim continuing education credit/hours

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Presenter: Mark Heyman, PhD, CDE – Employee: One Drop; Consultant: Dexcom, Tandem Diabetes

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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

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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

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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

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Introduction to Mindfulness

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Does Mindfulness Work?

Research shows that mindfulness can be used to:

- Reduce stress¹
- Reduce symptoms of depression and anxiety¹
- Decrease emotional reactivity²
- Improve cognitive flexibility³
- Improve social relationships^{4,5}

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

~Jon Kabat-Zinn

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Key Takeaways

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

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Key Takeaways

- Living with diabetes can be stressful
- Fighting diabetes stress can make it worse
- Mindfulness is an effective strategy to help manage stress

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Incorporating Mindfulness and Diabetes Care

- Blood glucose monitoring
- Diabetes-related distress
- Eating

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Mindfulness in Diabetes Care

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Blood Glucose Monitoring

- People with diabetes avoid blood glucose monitoring because of meaning assign to the result¹
- Mindfulness can help people with diabetes see their blood glucose more objectively

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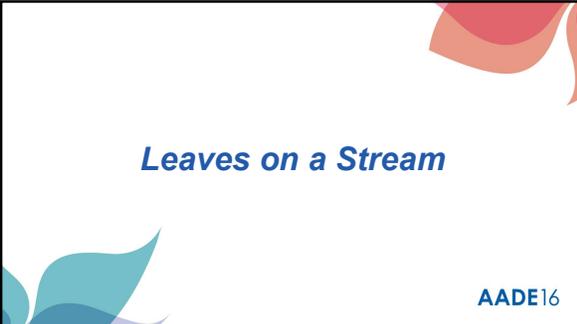
Mindfulness is Experiential!

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Diabetes-Related Distress

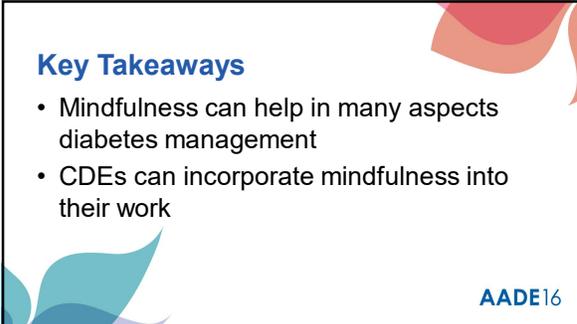
- Diabetes-related distress is defined as having difficult feelings about diabetes
- Mindfulness can help people with diabetes feel less overwhelmed by the emotional aspects of diabetes

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Leaves on a Stream

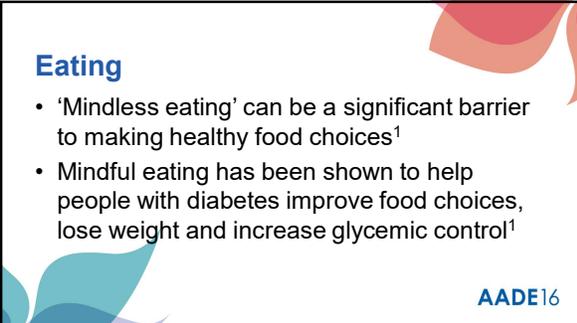
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Key Takeaways

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

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Eating

- 'Mindless eating' can be a significant barrier to making healthy food choices¹
- Mindful eating has been shown to help people with diabetes improve food choices, lose weight and increase glycemic control¹

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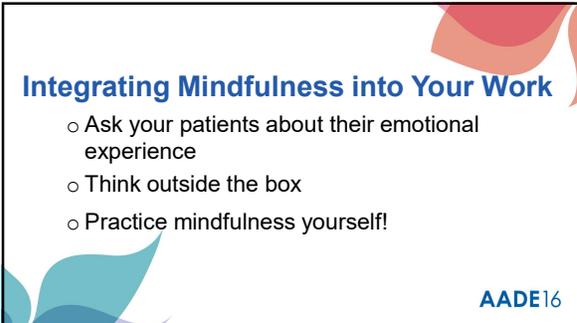
Integrating Mindfulness into Your Work

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Mindful Eating

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Integrating Mindfulness into Your Work

- Ask your patients about their emotional experience
- Think outside the box
- Practice mindfulness yourself!

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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

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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

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Key Takeaways

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

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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

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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

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

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