

Towards a Peaceful Mind

At BCDiabetes we are aware that psychological upheaval of any cause, including anxiety, depression or addiction, affects diabetes control. [And having diabetes leads to its own form of distress.](#) That's why we want all our clients to have a peaceful mind.

BCDiabetes recommends for all its clients a routine "daily practice" & suggests they choose something that works for them whether it is a mindfulness, meditation or spiritual exercise, yoga, a quiet walk or daily gratitude journaling (check out [The Five Minute Journal](#)).

For mindfulness BCDiabetes recommends the secular practice of [sitting in certain postures](#) & [following one's breath](#) (see also [A pocket Thich Nhat Hanh](#), \$11.99 on Amazon) as well as the Headspace app (iPhone & Android).

[Dr. Lucy Lyons](#), a Vancouver family physician offers group meditation sessions. The cost of these sessions is covered by the BC Medical Services plan!

The [Type 1 Huddle](#) is a wonderful support group run by [Dr. Tricia Tang](#) (clinical psychologist, expert in diabetes related distress & UBC Endocrinology colleague).

For individual counseling, BCDiabetes recommends [Dr. Tricia Tang](#) (see above, Tricia is a clinical psychologist & was a guest expert on Diabetes & Mental Health on BCDiabetes webinar [The Weekly May 2020](#)) and [Duane O'Kane](#) & [Catherine O'Kane](#) (founders of Clearmind International, see below),

BCDiabetes recommends personal development courses as another path towards a peaceful mind. BCDiabetes loves [Clearmind International](#) in Langley, BC. Many BCDiabetes staff members have attended a number of their programs including its foundation weekend program [The Awakening](#) based on the principles discussed in their book [Real, the power of authentic connection](#).

For clients struggling with addiction BCDiabetes recommends [Together We Can](#) (TWC). Dr. Elliott has strong connections & will be happy make an introduction for BCDiabetes clients.

For the spiritual but not religious looking for inspiration BCDiabetes recommends the work of [D. Patrick Miller](#). Check out Patrick's monthly podcast [The Fearless Hour](#) or treat yourself to one of his books [The Book of Practical Faith](#), [The Forgiveness Book](#) and [Understanding a Course in Miracles](#). Also check out [Joseph Campbell's Hero's Journey](#).

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