

## **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, prayer or spiritual exercise, yoga, a quiet walk or daily [gratitude journaling](#).

For mindfulness BCDiabetes recommends the secular practice of sitting in certain postures & following one's breath. [Click here](#) for a 10 minute guided Tibetan-style meditation recorded for BCDiabetes by its client Rinpoche Muwa,. BCDiabetes likes the [Headspace app](#). Ram Dass's [thoughts on perception](#), taken from his last book [Polishing the Mirror](#), provides useful insights into the power of mindfulness.

[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 and guest on BCDiabetes [The Weekly](#) April 2020).

For individual counseling, BCDiabetes recommends [Dr. Tricia Tang](#) (see above) and [Duane & Catherine O'Kane](#): check out 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 to 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 his: [The Book of Practical Faith](#) and [The Forgiveness Book](#). Also check out [Joseph Campbell's Hero's Journey](#) and [Ram Dass's Polishing the Mirror: how to live from your spiritual heart](#).

Short URL = <https://bit.ly/BCDpeace>