

NOW WHAT do I do to practice mindfulness?

Practicing mindfulness helps us pay attention to the present moment and cope with increased stress and anxiety. Start practicing mindfulness to support your diabetes management. Here's how.

FACTS FIRST: Mindfulness is a technique that empowers you to focus on your thoughts, emotions, and feelings with a sense of acceptance and without interruption or judgment. Mindfulness practices help people with diabetes manage daily hassles and stress specifically associated with diabetes. Researchers note that mindfulness practices boost your mood, improve your sleep, and help you maintain healthy habits. You can practice mindfulness by:

Completing a short mindfulness exercise during times of increased stress

Integrating the practice into your daily life

Practicing patience

ACT ON THE FACTS:

COMPLETE A SHORT MINDFULNESS EXERCISE DURING TIMES OF INCREASED STRESS.

What to do? Click [HERE](#) for a simple exercise to do when you recognize you're in a state of reactivity or strong emotion. You can also journal, take five deep breaths holding each for five seconds, or complete this mindfulness exercise: Focus on the world around you. What are – 5 things you see, 4 things you hear, 3 things you can touch, 2 things you can smell, and 1 thing you can taste. Any of these can readily bring you back to the present.

INTEGRATE MINDFULNESS INTO YOUR DAILY LIFE.

What to do? For example, before you check your blood sugar, notice your thoughts. Is your sugar high or low? How does that make you feel? Notice what it feels like to prick your finger, to wait for your reading. Are you surprised? Proud? Once you have the result, take a minute to observe the experience, not with blame or shame, but with curiosity and observation.

PRACTICE PATIENCE.

What to do? As simple of a concept as mindfulness may be, mindfulness takes practice and patience. Don't be hard on yourself or judgmental if you're having difficulty being mindful. Be gentle with yourself. As you practice mindfulness, recognize that the goal isn't to make your thoughts and feelings disappear but to notice them. Learn more about mindfulness meditation [HERE](#).



Take five deep breaths holding each for five seconds. What do you notice about your physical sensations and thoughts?



Select one activity to be as mindful as possible about and reflect on your experiences.

YOU'RE NOT ALONE!



For more information on how to manage your diabetes, visit:

[EPDIABETES.ORG/NOW-WHAT/](https://epdiabetes.org/now-what/)