



BC Diabetes Foundation

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Diabetes and a Peaceful Mind

Psychological upheaval of any cause, including anxiety, depression or addiction, can worsen diabetes control. Sugars rise because hormones such as cortisol, growth hormone, glucagon and adrenaline are released when the body is stressed. [And having diabetes leads to its own form of distress](#). That's why the attainment of a peaceful mind is something that most diabetes specialists recommend.

Dr. Elliott, the Chair of the BC Diabetes Foundation, recommends a routine "daily practice" for all his clients & suggests they choose something that works for them whether it is prayer, meditation, a mindfulness exercise, yoga, a quiet walk or daily journaling (check out [The Five Minute Journal](#)). Dr. Elliott loves the [Headspace App](#) (iPhone & Android, 14 day free trial) for mindfulness & meditation. He also recommends Zen meditation, a remarkably simple non-religious discipline that requires only two elements: sitting (zazen) and breathing - see [The Pocket Thich Nhat Hahn](#) and [Zen Mind Beginners Mind](#). The [Mountain Rain Zen](#) center at 2016 Wall St, Vancouver is most welcoming and has excellent Zoom sessions.

[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),

Dr. Elliott also recommends personal development courses as another path towards a peaceful mind and has personal experience with [Clearmind International](#). Their foundation weekend program, [The Awakening](#), is based on the principles discussed in [Real, the power of authentic connection](#), written by Clearmind's founders, Duane & Catherine O'Kane.

For clients struggling with addiction Dr. Elliott recommends [Together We Can](#).

For the spiritual but not religious looking for inspiration Dr. Elliott 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](#).