

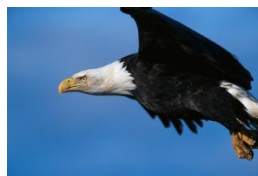


Diabetes Care Sheet

Mental Health

Use these tips daily to aid you in boosting your mental health

- Physical activity is a good way to maintain optimal mental health. 30 minutes of aerobic activity a day such as walking or biking will greatly decrease your stress levels and aid in general well-being.
- Learning and practicing yoga, meditation, and deep breathing can help you stay calm and focused. Practicing relaxation daily will make a huge difference.
- Sleeping 7 to 8 hours a day and allocating time for leisure will help you feel good about yourself.
- Spending time with friends and participating in community activities will give you a sense of belonging.
- If your emotions overwhelm you, it is time to consider getting outside help. Talk to an Elder, counsellor, spiritual leader, traditional healer or your doctor.



"I have seen that in any great undertaking it is not enough for a man to depend simply upon himself."

-Lone Man

*Tips are provided in conjunction with Diabetes Integration Project

