

## Mental Health Tips for People Living with Diabetes



# National Aboriginal Diabetes Association



## NADA Envisions Diabetes Free People

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## Mental Health Tips for People Living with Diabetes



- Physical activity is a good way to maintain optimal mental health.
- Learning and practicing yoga, meditation, and deep breathing can help you stay calm and focused.
- 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.

These tips are provided  
in conjunction with  
Diabetes Integration Project

