

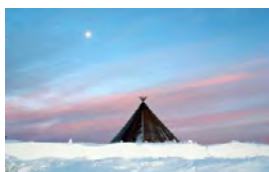


# Diabetes Care Sheet

## 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

