

# 8 MINDFULNESS-BASED STRESS REDUCTION and DIABETES

## MIND-BODY CONNECTION



NOTICE SENSATIONS

NOTICE THOUGHTS

LEARN TO RESPOND RATHER THAN REACT



### MINDFULNESS AND DIABETES...

#### BIOLOGICAL

WEIGHT REDUCTION

REDUCED HR VARIABILITY

LOWER HBA1C LEVELS

↓ BLOOD PRESSURE

#### PSYCHOLOGICAL

↓ STRESS  
↓ ANXIETY  
↓ DEPRESSION

GREATER ACCEPTANCE OF DISEASE

↑ SELF-ESTEEM

↑ ADHERENCE TO LIFESTYLE

#### SOCIAL

HEALTHIER RELATIONSHIPS

GREATER PRODUCTIVITY

FEWER SICK DAYS

↓ PERCEPTION OF STIGMA

STRONGER PATIENT-MD RELATIONSHIPS

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