

Mindfulness

Mindfulness, according to Kabat-Zinn, means paying attention in a particular way:

- on purpose
- in the present moment
- non-judgmentally.

Mindfulness is a human capacity we all share. It can be cultivated through training and regular practice. We begin by bringing our attention, or awareness, to sensations in the body and then move on to other objects of focus, like our breathing, our thoughts and our emotions.

We begin to observe how our minds are often preoccupied with the past, or worried about the future, or wanting things to be different. We are rarely simply here, fully, in the present moment.

Becoming aware of how active the mind is, and bringing the mind back to the object of focus in the moment, is what practicing 'mindfulness' is about. Little by little, with practice, the mind begins to calm and we become less reactive to stress in our lives.

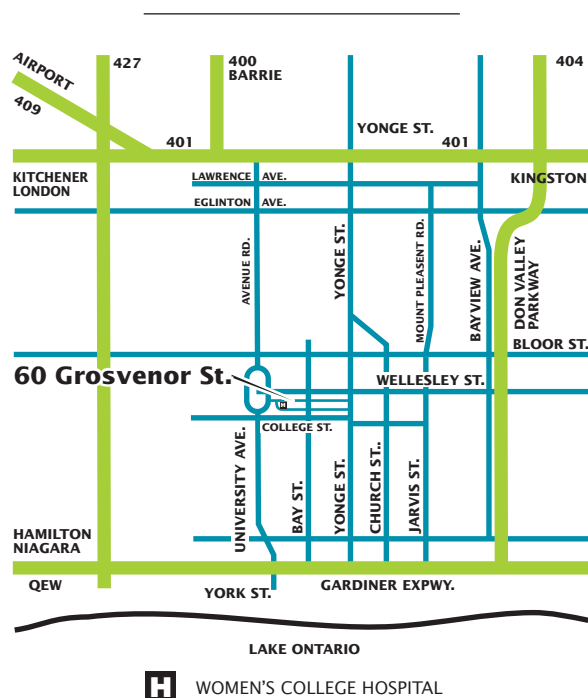
In describing the skill of mindfulness, Jon Kabat-Zinn quotes Swami Satchidananda:

*"You can't stop the waves
but you can learn to surf."*

**For more information and to register
for an Orientation Session telephone
TRIDEC 416.323.6170.**

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Location: TRIDEC is located in Burton Hall at 60 Grosvenor Street, two blocks north of College Street, just behind Women's College Hospital.

Parking: Park in the Hospital Parking Lot on Grenville St. and let us stamp your ticket for a reduced charge.

Public Transportation: We are accessible by subway. Closest stations are Wellesley or College on Yonge Street or Queen's Park on University Avenue.



Women's College Hospital

**TRIDEC, Diabetes Research
& Management Centre**

Mindfulness

Meditation &

Nutritional

Healing

in Diabetes

Self-Management

Finding Balance



As a complement to traditional medical care, this program is designed to help people living with diabetes mobilize their inner resources to find greater balance, ease and peace of mind.

Finding Balance

FINDING BALANCE is an eight-week workshop based on the Mindfulness-Based Stress Reduction and Relaxation Program (MBSR) developed by Dr. Jon Kabat-Zinn at the University of Massachusetts Medical Center.

The program is intended to help people living with chronic conditions find, within themselves, a way to reduce stress and promote healing, as a complement to the medical treatments they receive through more traditional health care.

Research over the past two decades has demonstrated that the majority of people who complete the program report experiencing lasting decreases in psychological and physical symptoms.

In addition to stress reduction, we include information about nutritional healing and practical support for ongoing diabetes self-management.



Finding Balance

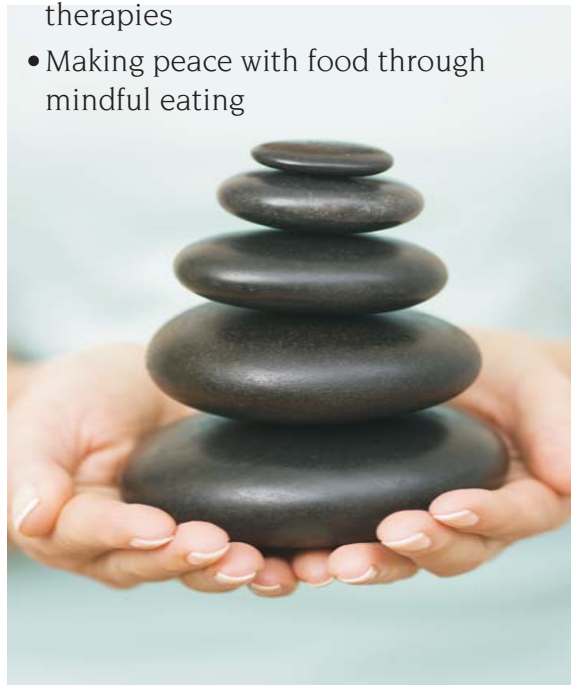
A psycho-educational group for stress reduction using the inner wisdom of your body to take charge of your health.

Mindful Diabetes Practice

Diabetes-related stress affects 95% of people living with diabetes, whether it is type 1 or type 2 diabetes. As you are well aware it is a condition with a demanding self-care routine. Developing 'mindfulness' around diabetes care is all about taking care of your whole self, including all the emotions and concerns that arise in living with a chronic condition like diabetes.

Learning Experiences:

- A holistic perspective on diabetes management
- Practice of mindfulness meditation, gentle yoga and relaxation techniques
- Insight into how thoughts affect stress
- Latest information on nutritional therapies
- Making peace with food through mindful eating



Supportive Group

In the company of a small group who share similar concerns, FINDING BALANCE will give participants the opportunity to explore new skills and to investigate how thinking and beliefs influence our health. We will be working towards developing a new lifestyle based on finding balance in our lives.

Participants' Commitment:

- An initial individual interview.
- A group orientation meeting
- Eight weekly, 2 ½ hour group sessions
- Home practice: 45 min – 1 hour daily
- One day retreat from 10 am – 4 pm
- Cost of program \$100.

Facilitators:

Gwen Morgan, MA, MSW, RSW
Nicole Hambleton, BA, BSc, RD

Gwen and Nicole participated in a 7-day professional training program under the direction of Dr. Jon Kabat-Zinn and Dr. Sake Santorelli from the Center for Mindfulness, Massachusetts.