

## Towards a Peaceful Mind

At BCDiabetes we are aware that psychological upheaval of any cause, including anxiety, depression or addiction, affects diabetes control. Although increasing diabetes medication can help, we've learned that the best treatment is to get at the underlying condition - hence our interest in attaining a peaceful mind.

Doesn't everybody want a peaceful mind?

BCDiabetes recommends a daily routine and encourages its clients to choose something that works for them - a mindfulness or meditation exercise, a spiritual practice, yoga or even something as simple as daily journaling and gratitude exercise such as [The Five Minute Journal](#).

For meditation BCDiabetes loves the Headspace App (iPhone & Android) and is conducting a [randomized controlled trial](#) into the measurable benefits on diabetes outcomes using Headspace.

BCDiabetes recommends personal development courses as another path towards a peaceful mind. BCDiabetes loves [clearmind.com](#), it's Medical Director and other staff members have attended a number of their programs including its foundation weekend program [The Awakening](#). Clearmind's founders [Duane O'Kane](#) & [Catherine O'Kane](#) offer one-on-one counselling as well. Their book [Real, the power of authentic connection](#) is strongly recommended.

For clients struggling with addiction BCDiabetes recommends [Together We Can](#).

For the spiritual but not religious looking for a peaceful mind BCDiabetes recommends the writing of [D. Patrick Miller](#) including his [The Forgiveness Book](#), [The Book of Practical Faith](#), and [Understanding a Course in Miracles](#). Patrick has indicated a willingness to be a guest on an upcoming episode of the revamped [The Weekly](#), hopefully in the summer of 2021.

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