

Using Your Mind to Manage Symptoms

There is a strong link between mental and physical health. Our thoughts and emotions can have a significant impact on the symptoms of our chronic conditions. We can feel the effects of both negative and positive thoughts on our body. With training and practice we can learn to use our minds to help relax our bodies, reduce stress and anxiety, and reduce the effects of pain and discomfort (Living a Healthy Life with Chronic Conditions, 2007). Below are some different techniques that allow us to use our minds to help manage symptoms:

- Better Breathing (the pursed lip exercise)
- Progressive muscle relaxation
- Prayer and Meditation
- Guided Imagery
- Visualization
- Short Term Distraction (focus your attention on favourable activities)
- Positive Thinking

To help guide you through this process there is more information on all of these methods in chapter 5 of the Living a Healthy Life book that you received during your workshop. If you are interested in the relaxation cd that was used during the workshop contact us for more information.

** Please remember that if you ever experience chest pain do not try any of these techniques, seek medical assistance immediately.*

If you or someone you know is interested in attending an upcoming Maximize Your Health Session, there will be LOTS of opportunities coming this spring! Please contact us for more information.

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Become a Peer Leader!

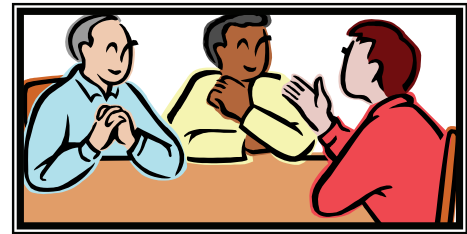
Research shows that the best leaders of these programs are people who live with chronic conditions themselves. Those leaders are called “Peer Leaders”. We are excited to announce that there will be some FREE opportunities to become Peer Leaders and to lead the Maximize Your Health sessions coming this spring. Are you:

- Enthusiastic?
- Looking to volunteer some time to help others?
- Comfortable leading groups?
- Passionate about your experience in this program?
- Want to build your leadership skills?

To become a Peer Leader, you must attend all 4 days of a training session. You will receive certification to run the program under the Self Management Strategy License. Leaders receive a small stipend for leading programs.

Upcoming Leader Trainings:

Brampton: March 19th ,20th ,26th and 27th



Contact Us:

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Do you want to live well with diabetes?

Then get connected with a diabetes program near you!

Services are available in Brampton, Etobicoke, Dufferin-Caledon and Malton.

For more information please call:
1 (855) 269-8401