



Marlene Boas
LIFE COACH

DEVELOP A MINDFULNESS ROUTINE

Being mindful means really paying attention to your experiences, in the moment, without judgment. Practicing mindfulness can help you make lasting changes as you begin to realize which of your behaviors are automatic. Recognizing old patterns as automatic allows you to generate new ways of responding and make wiser choices.

1

Breath Break

Focusing on your breathing can have a calming effect, clear your mind, and help you “reset.” Breathe deeply and slowly. Some people find it helpful to count while breathing or imagine waves on the beach. Find what works for you.

2

Daily Intention

Upon waking up, take a breath break and set your intention for the day. What do you want for yourself on this day? Unlike setting goals, there is no “end result.” It’s more of a map for the day. Be positive and encouraging.

3

Sensation Tracking

So much of daily life goes unnoticed. Practicing focused awareness of your environment, bodily sensations, and thoughts and emotions can help you make lasting changes.

- **Mindful Eating**—Eat more slowly, paying attention to all aspects of the food using all of your senses. How does it look? Notice subtleties. How does it feel in your mouth? How does it change as you chew it?
- **Mindful Exercise**—While exercising, pay attention to how your muscles feel and respond, your pace, breathing, etc. Intentionally focus on your surroundings, the rhythms, and how your breathing and body changes.

4

Be Kind to Yourself

Treat yourself the way you would treat a good friend or loved one. Be aware of your inner dialogue and listen to the compassionate voice rather than the critic.

Please talk to your doctor before starting or changing any exercise program or making changes to your diabetes management plan.

Marlene Boas is a paid spokesperson of Novo Nordisk.

MyType2Transformation.com has videos and downloadable tools and resources you can use to help transform the way you manage your type 2 diabetes. **Check it out now.**