

Mindfulness-Based Stress Reduction for Aboriginal Adults with Type 2 Diabetes Winnipeg, Manitoba

Aboriginal people with Type 2 diabetes 18-years of age and over may be eligible to participate in a study evaluating the effectiveness of a stress reduction program designed to improve physical and emotional health.

Mindfulness-Based Stress Reduction (MBSR) has been shown to:

- **Reduce stress**
- **Increase healthy lifestyle behaviours**
- **Decrease blood sugar levels (A1C) & blood pressure in people with diabetes**
- **Lead to significant positive changes in other health conditions (e.g., depression, anxiety, heart disease, chronic pain)**
- **Enrich relationships**

Working with leaders in the Aboriginal community, the program has been modified to better suit Aboriginal People by including more culturally relevant content (e.g. drumming, sharing circles, traditional teachings, storytelling, medicine wheel).

The 8-week program will be taught in groups and involves instruction in a number of mindfulness and relaxation practices including: mindful body scans, mindful movement, mindful eating, awareness of breath, mindful communication, and sitting meditation.

The program will be administered by an Aboriginal Cultural Advisor and a PhD-level Clinical Psychology student at an easily accessible community centre in the North-end of Winnipeg (Win Gardner Place at Mountain and McGregor).

Eligible participants will be provided with bus tickets to attend sessions. Also, snacks will be provided and child-care will be available during each session.

We have begun recruiting for this study. If you would like more information and/or would like to participate in this study, please contact:

**Lisa Dreger (principal investigator)
Email: umdrege9@cc.umanitoba.ca
Phone: (204) 474-9196**



UNIVERSITY
OF MANITOBA

