

Trim Line

Bleed Line

Score line

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4 Julia C. Basso, et al., "Brief, Daily Meditation Enhances Attention, Memory, Mood, and Emotional Regulation in Non-experienced  
Diabetes," Complementary Therapies in Medicine, June 2016, 92-97  
3 Ashkan Ganey, et al., "Effects of Buddhist Walking Meditation on Glycemic Control and Vascular Function in Patients with Type 2  
Diabetes," Five-Minute Meditation," Headspace.  
1 "Physical Health and Mental Health," Mental Health Foundation, Feb. 18, 2022

Find support at .

Eight weeks of daily meditation has been shown  
to decrease anxiety and fatigue, improve memory  
and enhance attention.<sup>4</sup>



BE CONSISTENT

Don't be discouraged if it feels too tough to sit still.  
Walking meditation reduces blood pressure and  
cortisol levels associated with type 2 diabetes.<sup>3</sup>



STAY STRONG

Just five minutes of meditation per day has  
been proven to improve sleep quality and  
immune function.<sup>2</sup>



START SMALL

Know what healthy looks like to you,  
and find little ways to get ahead of it.

# PREVENTIVE CARE IS MORE CALM LESS STORM



1 IN 3

people who have a  
long-term physical health  
condition also have a  
mental health concern—  
most often depression or  
anxiety.<sup>1</sup> A little care for your  
mind and body now can  
mean better health overall.

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