



WEEK 4 | LET'S TALK ABOUT EMOTIONS

Our talking points today	Time (mins)
Welcome and recap from last week	5
<p>Discussion - Talk briefly about emotions and how they affect the challenges around managing diabetes.</p> <ul style="list-style-type: none"> • D10PT T2 Diabetes • Amrit's video on mental health and diabetes 	15
<p>Help - Look at the things that can help:</p> <ul style="list-style-type: none"> • Diabetes distress Know Diabetes • (30) Stress Release (Fast)- Anxiety Reduction Technique (Anxiety Skills #19) 	20
<p>Mindfulness and Meditation Techniques:</p> <ul style="list-style-type: none"> • (101) The correct way to breathe with 4-7-8 breathing technique - YouTube • (101) Mindful Breathing Exercise - YouTube 	10
Wrap up	5