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Yoga and mindfulness for diabetes

Nowadays many treatments are available in Health care to address the chronic condition of diabetes. An increasing number is focusing on a more holistic approach, encompassing a variety of methods and tools to help achieve, maintain and enhance a Healthy way of living, diet and exercise. Yoga and mindfulness as complementary Health practices are increasingly being used to help battling the physical and emotional challenges that come with living with diabetes and provide a Healthy outlet to cope with its daily life stressors. It is considered to be a promising, cost-effective option in the treatment and prevention of diabetes. Yoga has been used for thousands of years as a means of promoting physical, mental and spiritual Health and is seen as very beneficial in holistic Health care to help reduce levels of stress, enhance mobility, lower blood pressure and improve overall wellbeing. The benefits support improving posture, circulation, strength, flexibility and dealing with pains and discomfort. Breathing exercises, gentle motions and mindfulness enhance the function and efficiency of respiratory, neurological and endocrine organs, enhance energy levels and reduce stress. The improved circulation lowers blood pressure and increases oxygen flow to the brain that has a mood-altering effect on accompanying feelings of depression, anxiety or psychological distress. Self-awareness and self-discipline are enhanced through the practice of yoga and its full-on exposure therapy nature. An increasing number of diabetics are turning yoga and mindfulness in an effort to keep their condition under control and improve their quality of life. In addition, yoga and mindfulness practices focus on acceptance and compassion that are main principles in stress management that is one of the keys in diabetes treatment. In this workshop, best practices of yoga postures, controlled breathing techniques and mindfulness meditations as a tool to prevent and treat diabetes are demonstrated in combination with an overview of its theoretical background and benefits and implications for practice.

Biography

Anouk Prop is a Psychologist and Registered Yoga Alliance (E-RYT 500) Yoga Teacher and Trauma Therapist, originally from the Netherlands. She combines psychology, trauma healing and yoga through their very compatible aspects and stresses on the non-medical methods in healing and offers a holistic approach as such. Anouk has a broad range of experience in the field, in clinical and rehabilitation settings in several countries, varying from working with children and adults with a history of abuse, addiction, anxiety disorders, depression, but also car-accidents and other traumatic events like war or natural disasters. She encounters people with deeply rooted tension, trauma or blockages on a level which goes beyond cognition and shows that addictive behavior can be replaced by more Healthy habits to overcome obstacles in life. Her mindful approach is focused on empowerment and guiding people towards their own unique essence by gently inviting them to look in the beautiful, though sometimes confronting mirror life provides, taken by her hand of compassion, positivity and enthusiasm.

Notes: