

DIABETES STRESS

MANAGING MORE THAN BLOOD SUGAR

WHAT DOES STRESS FROM DIABETES MEAN, ANYWAY?

Managing diabetes can be stressful—and that stress can, in turn, affect your blood sugar. Learning how to cope can help you feel better physically and emotionally. Who doesn't want that?

How is stress from diabetes affecting your life right now?

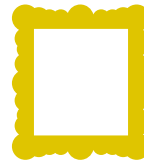
WHAT'S MOST IMPORTANT TO YOU?

- **Managing blood sugar.** Being the best you can, physically—including improving blood pressure, cholesterol and weight.
- **Staying healthy for others.** Taking care of your own health lets you care for people in your life. It's OK to say, "Me first!"
- **Keeping complications at bay.** Caring for yourself is the first step to preventing complications and living well with diabetes.
- **Thinking clearly.** Not letting stress muddle your mind, so you can make decisions. Cause you've got a lot on your plate.
- **Being resilient and enjoying life.** Knowing how to handle challenges, so that diabetes—or stress—doesn't get the best of you.

TRY THIS AT HOME

When stress is building, notice the clues your body is giving you. An eye twitch, flushed feeling, racing heart—or maybe something else. By learning the cues, you can reduce stress before it escalates.

FIVE WAYS TO GET STARTED



Reframe your thoughts. Athletes use visualization, and you can too. Picture yourself succeeding at managing diabetes.



Reward yourself. Make time for things you love, small or big. Pick up a hobby you enjoy or plan that dream trip.

SEE

SEE (and do) the basics. Stress is tough to manage when you're tired or hungry. Think **SEE**: Sleep well, Eat well, Exercise—even if it's just a 10-minute walk.



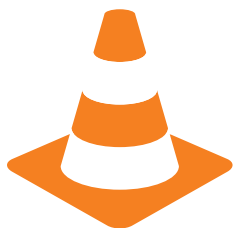
Try mindfulness. Breathe deeply, focusing on the now. Let go of reviewing the past or imagining the future. Relaxing, isn't it?



Build support. Connecting with others can help. Ask your doctor or check the American Diabetes Association website for local support groups.

REALLY? I DIDN'T KNOW THAT!

- It's not just high-carb or sugary foods that can raise blood sugar—stress can too. (So reducing stress can bring blood sugar down.)
- Fuzzy-headed when stressed? When the body's flooded with cortisol, the "doer" part of the brain, which acts on impulses, can smother the "thinker," which uses reason.
- You may have access to a Certified Diabetes Educator (CDE) through your insurance. CDEs have extensive training to help people manage diabetes.
- Lemonade from lemons, anyone? Finding a positive aspect—hope, humor or insight—of a stressful situation can help decrease stress hormone levels in the body.



PLAN FOR YOUR ROADBLOCKS

We all encounter roadblocks from time to time. Try planning ahead with this technique recommended by personal-change experts: First, envision the benefits of reaching your goal—starting with your personal vision. Then, imagine your biggest roadblocks and how you'll get past them.

ROADBLOCK	STRATEGY
I let my worries control me.	I'll reframe my thoughts to, "I'm in charge. I can do this."

WRITE YOUR PERSONAL VISION

Create a short phrase capturing a benefit of managing your diabetes stress—whichever benefit is most important to you. Say it anytime you start to veer from your new path.

Example: I'll make time to take care of myself first.

My personal vision

WHO SUPPORTS YOU IN YOUR EFFORTS TOWARD MANAGING DIABETES STRESS?
