

HEALTHY COPING

Living with diabetes can not only affect you physically but emotionally as well, leaving you feeling discouraged, stressed or depressed. It is common and natural to experience both highs and lows during the course of your diabetes management.

It is important to recognize that these emotions are normal and take steps to reduce the negative impact of your emotional lows. The way you deal with your emotional lows is called “coping” and there are many healthy coping methods you can use to get through hard times.

Signs of emotional lows: Tell your therapist if you...

- o Don't have interest or enjoyment in your activities.
- o Avoid discussing your diabetes with family and friends.
- o Sleep most of the day.
- o Don't see the benefit in taking care of yourself.
- o Feel like diabetes is conquering you.
- o Feel like you can't take care of yourself.

Healthy Coping Methods

- o Exercise
- o Meditate
- o Engage in an enjoyable hobby or start a new one
- o Listen to music
- o Write down your feelings
- o Take some deep breaths
- o Join a support group
- o Do something pleasurable each day

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Physical Activity

Physical activity can have a big impact on your mood. The next time you are feeling sad, anxious, or stressed, try...

- o Standing up and stretching
- o Going for a walk
- o Jogging/running
- o Taking a bicycle ride



Positive Thinking

Another strategy to try is to think about your successes. Let yourself feel good about your successes, no matter how small. You can also recognize the progress you've made toward a goal – even if it's just a small step.



Having a Support Network

Having a support network can be essential to healthy coping.

- o Nurture your relationships with your friends and loved ones
- o Go to group educational sessions – this is a great place to meet people going through the same experience
- o Build new healthy relationships
- o Remember that you are not alone!

HEALTHY COPING ACTIVITIES

	01	02	03
Write 3 Emotions that you feel when you think about your diabetes			
Write 3 people who you can talk to when you feel this way			
Write 3 activities that will help you work through this emotion and feel better			

What might prevent you from doing these activities?

How can you overcome these obstacles?