



levels of stress

When examining stress and diabetes, it may be helpful to consider stress occurring on three levels, and in both temporary and chronic states. This may make it easier to identify coping strategies that will be helpful in managing your stress.

Example:

Levels	Temporary Stressors	Chronic Stressors
Personal	A blood glucose "low"	Chronic anxiety over long-term complications
Interpersonal	One friend keeps trying to control my food choices	Family's food choices make it hard to set up a healthier routine
Environmental	Meal planning will be hard on upcoming trip	At work, unpredictable, alternating shifts make planning ahead difficult

Your Turn:

Levels	Temporary Stressors	Chronic Stressors
Personal		
Interpersonal		
Environmental		