

Diabetes: Stress Management

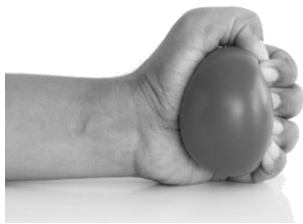
Know Your Stress

On the following scale, rate your overall stress level:

1 Extremely low	2	3	4	5	6	7	8	9	10 Extremely high
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Know Your Triggers

What causes you to feel the most stress? Work projects? Busy schedules? Certain people? Certain topics?



Know the 4 A's

Are there things you can do to avoid, alter, accept or adapt to your trigger(s)?



Examples: Avoid people who bother you; tell someone how you feel to alter the situation; accept, forgive and move on; or adapt your thinking—how important is it?

Know Your Coping Style

Set aside time daily to focus on yourself. Examples of coping activities include deep breathing, meditation, list making, exercise, writing in a journal or finding some quiet time alone. What are some activities that you have found helpful in dealing with your stress?

Do you have 5 or 10 minutes?



Check out **Calm.com**, a Web site that offers short, guided meditation sessions. Just close your office door for 5 or 10 minutes, log on to this Web site and take a moment to breathe.

Know When to Ask for Help

Ongoing stress can affect your health. It can make it harder to manage your blood sugar, make good food choices, exercise, and sleep. If you rate your stress as 7 or higher for several days in a row, talk to your physician. He or she can refer you to someone you can talk to for more ideas on how to manage your stress.

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University of Michigan Diabetes Education Program (734) 998-2475
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