TAKE GOOD CARE OF YOUR EMOTIONAL WELL-BEING

Because diabetes affects not only your physical health but your emotions as well



Stress

Besides affecting your sleep, stress raises your blood sugar levels, can lead to high blood pressure and increases the risk of heart attack and stroke



Distress

Aspects of living with diabetes such as regular checking of blood sugar levels, taking medication and eating healthy can make you feel down at times



Depression

Your emotional struggle when you fail to manage diabetes can make you feel lonely, hopeless and fearful of facing health complications

The 4 A's of Stress Management

- AVERT your attention from stressors Don't feel like you have to deal with every stressor
- ALTER your perspective See the positive side of things
- ACCEPT your situation Focus on what you can do, not on what you can't change
- ADAPT to your condition Be open to changes, and take things one step at a time



EXTRA TIP: Avoid emotional eating, and engage in physical activity that you find fun and rewarding

Make Positive Affirmations by Telling Yourself:

can overcome diabetes

l'Il persevere

I'll be

want to eat healthier



STEP 1

Describe the problem

E.g. I don't exercise enough

How to Solve Problems

STEP 2

List all possible solutions

E.g. Walking to work instead of driving, Join a gym, Take the stairs

STEP 3

Consider the pros and cons

E.g. Walking to work Pro: Fresh air Con: I'll get hot and sweaty STEP 4

Break solution into actionable steps

E.g. I'll walk 2 days a week, and increase after I get used to it

Better Sleep = Better Mood & Better Health

Poor sleep caused by diabetes can make you tired, irritable and affect your concentration. Try these suggestions to improve the quality of your sleep:



Exercise regularly



Avoid large meals before bedtime



Avoid nicotine, alcohol and caffeine 4-6 hours before bedtime



Avoid using electronic devices at least 30 minutes before bedtime



Keep your bedroom dark, cool, quiet and comfortable

Dealing with Stigmatisation

Exclusion, rejection, prejudice and blame. Such stigmatisation can be emotionally challenging. Here's what to do when you encounter them at home, in school or at the workplace



Never blame yourself for having diabetes



Share your stories and help others know diabetes better



Speak up and share accurate information about diabetes



Seek help through Diabetes Singapore and Touch Diabetes Support

improve your relationship with those who care about you

Good relationships with your doctor, nurses and loved ones will give you the confidence to manage diabetes positively and feel empowered





