

Living well with diabetes by creating your healthy body & self

- What you do to take care of yourself and manage diabetes day-to-day matters and affects how successful the prescribed treatment would be.
- Making lifestyle changes for diabetes can be as powerful as medications to prevent complications. These include healthy eating, being active, blood sugar monitoring, taking medication, problem solving, reducing risks, coping with stress.
- Starting can feel difficult and overwhelming, but as you learn, build skills and carry these steps out, they will become easier and more effortless.
- Learning self-care and ways to tackle stress and diabetes distress, and then following through with them, can get you feeling more independent, in-charge and gaining better health.

