

A photograph of a woman and a young girl. The woman is carrying the girl on her shoulders. Both are smiling broadly and looking towards the right. The background is a bright, hazy outdoor setting, likely a field or park, with a strong light source (the sun) creating a warm, golden glow and lens flare effects. The woman is wearing a brown and white striped long-sleeved shirt. The girl is wearing a dark blue, button-down top.

BE HEALTHY

Emotional Well-being



- Diabetes can affect your emotions as well as your physical health.
- Difficulties coping with emotions can increase the risk of diabetes-related complications.
- Getting support can help you manage stress, low mood, uncertainty or even feelings of burnout.
- This can happen whether you're newly diagnosed or have been living with diabetes for a while.
- Here are some ways to detect and better understand how you feel.
- You can also consider these steps to gain greater control over your diabetes management.

Living well with diabetes by creating your healthy body & self



The first step begins with being clear about:

- Your symptoms
- What you want to do to make it better and
- What you can actually do to feel better

These can take you closer to living well with diabetes and creating your Healthy Body and Self

Here are positive affirmations you use to motivate yourself or your loved ones.

This is a journey that begins with choosing a path with the belief that:

'I can'

'I want to'

'I will take one step at a time'

'I will go step-by-step'

'I'll be better than yesterday'

'I'll persevere'

'I will ask, when in doubt'

'I will be kind and patient with myself'

You get closer to creating your Health Body and Self when you feel healthy, happy, in harmony and willing to do what is helpful to achieve your goals for living well with diabetes

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.

