

FOUR 'A'S OF STRESS MANAGEMENT

3. Accept

Accept, acknowledge and deal with stressors.

You feel frustrated and stressed when you think about living with diabetes the rest of your life. You know you choose how you feel and there is always a choice.

You can choose to use helpful or unhelpful ways to deal with your frustrations. You know you cannot change the situation causing you stress. Decide what you want or don't want, and focus on what you can do about it.

4. Adapt

Adjust how you think and adapt to stressful situations.

When you notice a negative or unhelpful thought, turn it around, think positive, for example, 'I'm open to giving this a try', 'I can do it one step at a time', 'I can be kind to myself', 'I know it's okay to be imperfect'

When you are feeling down, make a list of all the things you are grateful for. Read through this list whenever you find yourself stressed.

