

# Overcoming Stressors in Diabetes Management: Enhancing Moods with Exercise

(cont'd)

## Engage in physical activity

- Identify activities that are fun, enjoyable and rewarding.
- Adjust to your environment; arrange an activity and exercise at a time and location you find convenient.
- Make a concrete plan for regular exercise you want to do, think you can do and are willing to do.
- Find company for the activity or exercise you want to do.
- Identify and address self-defeating thoughts by asking yourself what evidence you have or how true it is, e.g., that you are too old or too overweight to exercise.

