



BE WELL: THRIVING WITH DIABETES

Module 4

Coping with Stress and Getting the
Support You Need

TODAY'S AGENDA

- ⦿ Home Practice Review.....5 min
- ⦿ Stress and Diabetes.....20 min
- ⦿ Coping with Stress and Emotions.....40 min
- ⦿ Your Support System.....25 min
- ⦿ Talking with Your Supports.....25 min
- ⦿ Summary of Today's Lesson.....5 min

STRESS AND DIABETES

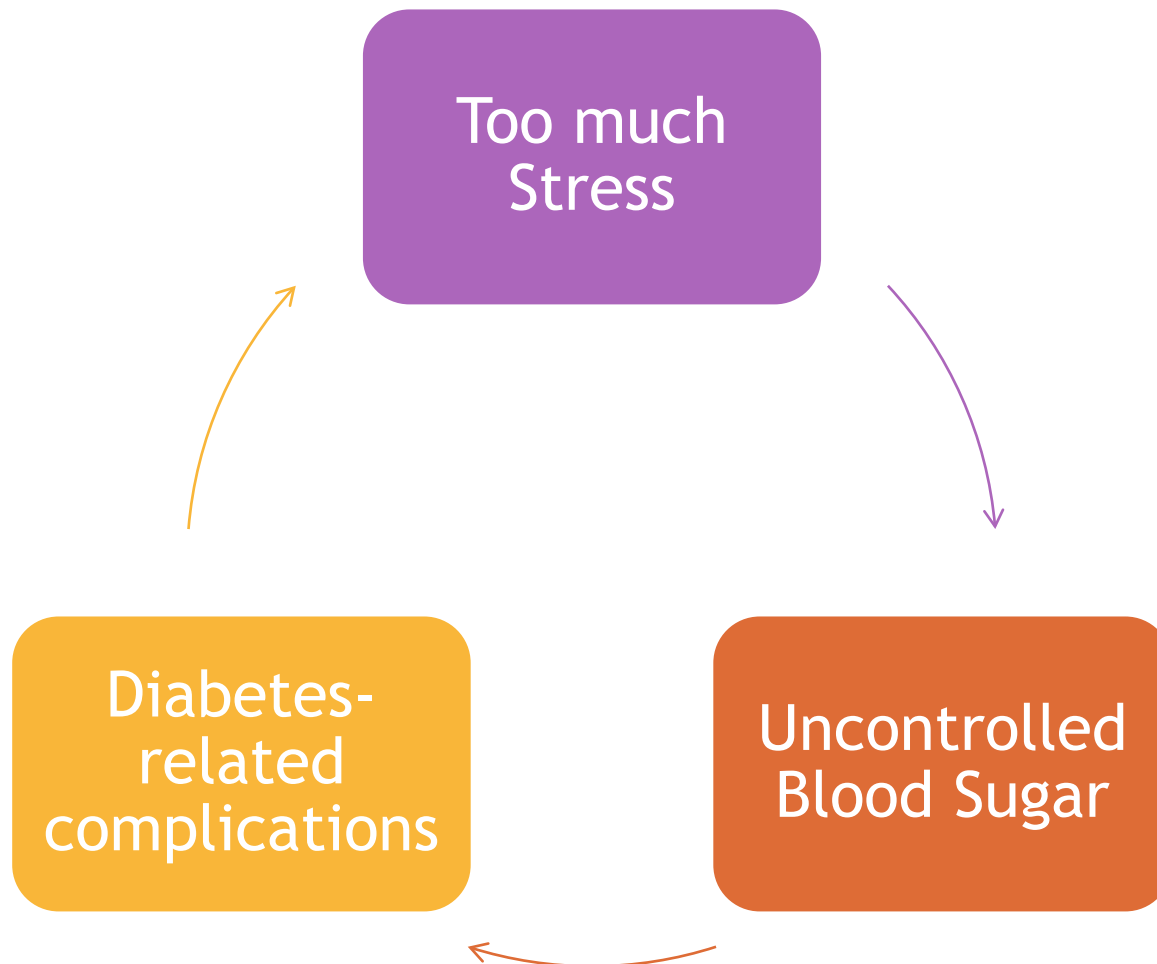
WHAT IS DIABETES DISTRESS?

◉ “Diabetes Distress”

- Stress from having diabetes:
 - Upset about being diagnosed with diabetes
 - Being afraid of complications
 - Feeling stressed about diabetes management
 - Having difficult relationships with friends and family because of having diabetes



WHY IS DIABETES DISTRESS BAD FOR YOUR HEALTH?



COPING WITH STRESS AND EMOTIONS

HELPFUL COPING SKILLS

- ◉ Group Question: What are examples of helpful coping skills you have used?



SOME EXAMPLES OF HELPFUL COPING SKILLS

- ◉ Take some time to calm down
- ◉ Think through your options
- ◉ Make a plan
 - Take action to follow through on your plan
- ◉ Take extra care of yourself
- ◉ Do some physical activity
- ◉ Pray
- ◉ Journal
- ◉ Talk it out



HELPFUL COPING SKILLS

- How do these ways of coping make us feel?



UNHELPFUL COPING SKILLS

- ◉ Group Question: What are examples of other unhelpful ways of coping you have used or seen others used?



SOME EXAMPLES OF UNHELPFUL COPING SKILLS

- ◉ Distract yourself to avoid thinking about the problem
- ◉ Pretend the problem does not exist so it “goes away”
- ◉ Pretend everything will be okay, even when it may not be
- ◉ Smoke
- ◉ Drink alcohol
- ◉ Eat too much
- ◉ Sleep too little, too much, or both
- ◉ Stop taking care of yourself
- ◉ Not take your medication
- ◉ Put off doing the things you need to do
- ◉ Spend too much time watching TV or on your phone or computer



UNHELPFUL COPING SKILLS

- How do these ways of coping make us feel?



QUESTIONS TO CONSIDER...

- ◉ What types of coping skills do you usually use?
- ◉ Are there certain situations in which you usually use helpful coping skills?
- ◉ Are there certain situations in which you usually use less helpful ways of coping?

TIME TO SHARE

- Does anyone have an example of a recent stressful situation and the things you did to cope with it?



20 TIPS FOR MANAGING STRESS

◉ Visual #1 in your binder

1. Ask for help
2. Be tidy
3. Get enough sleep
4. Make time for enjoyment
5. Just say “no”
6. Know yourself
7. Make a to-do list
8. Remind yourself
9. Set small, doable goals
10. Solve problems



20 TIPS FOR MANAGING STRESS

11. Count to 20 in your head
12. Soothe yourself
13. Give yourself a pep talk
14. Stretch
15. Take a breather
16. Talk about your feelings
17. .Cut back on caffeine
18. Get moving!
19. Do something fun
20. Think clearly



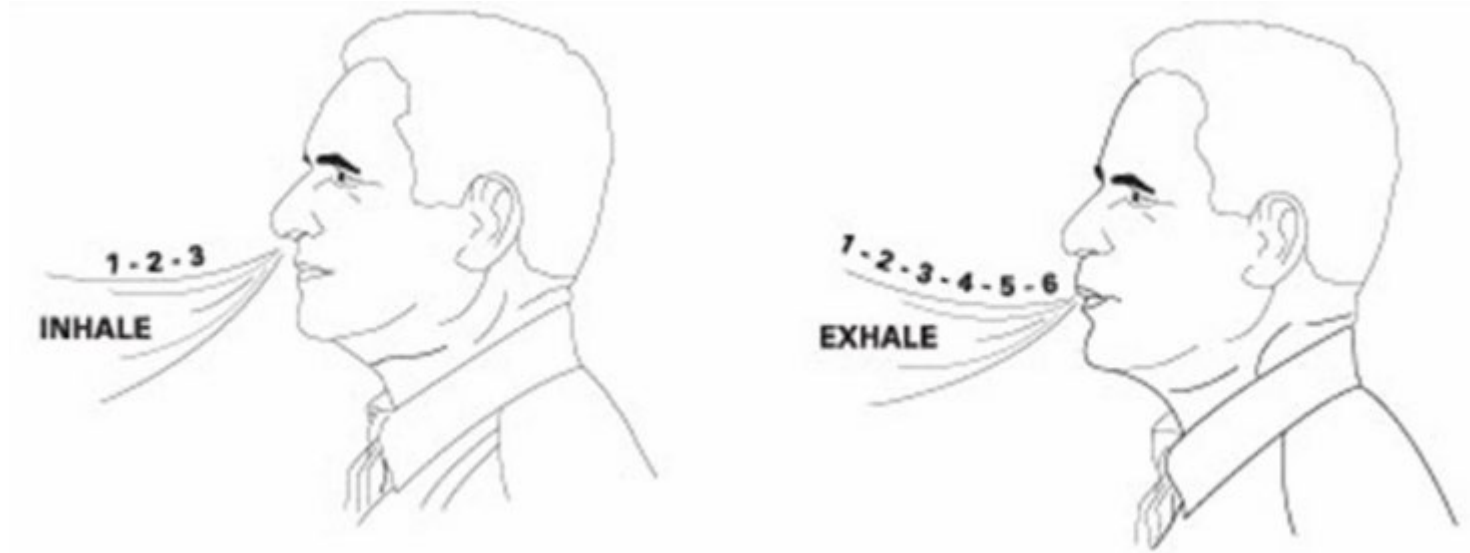
PLANNING OUT COPING STRATEGIES

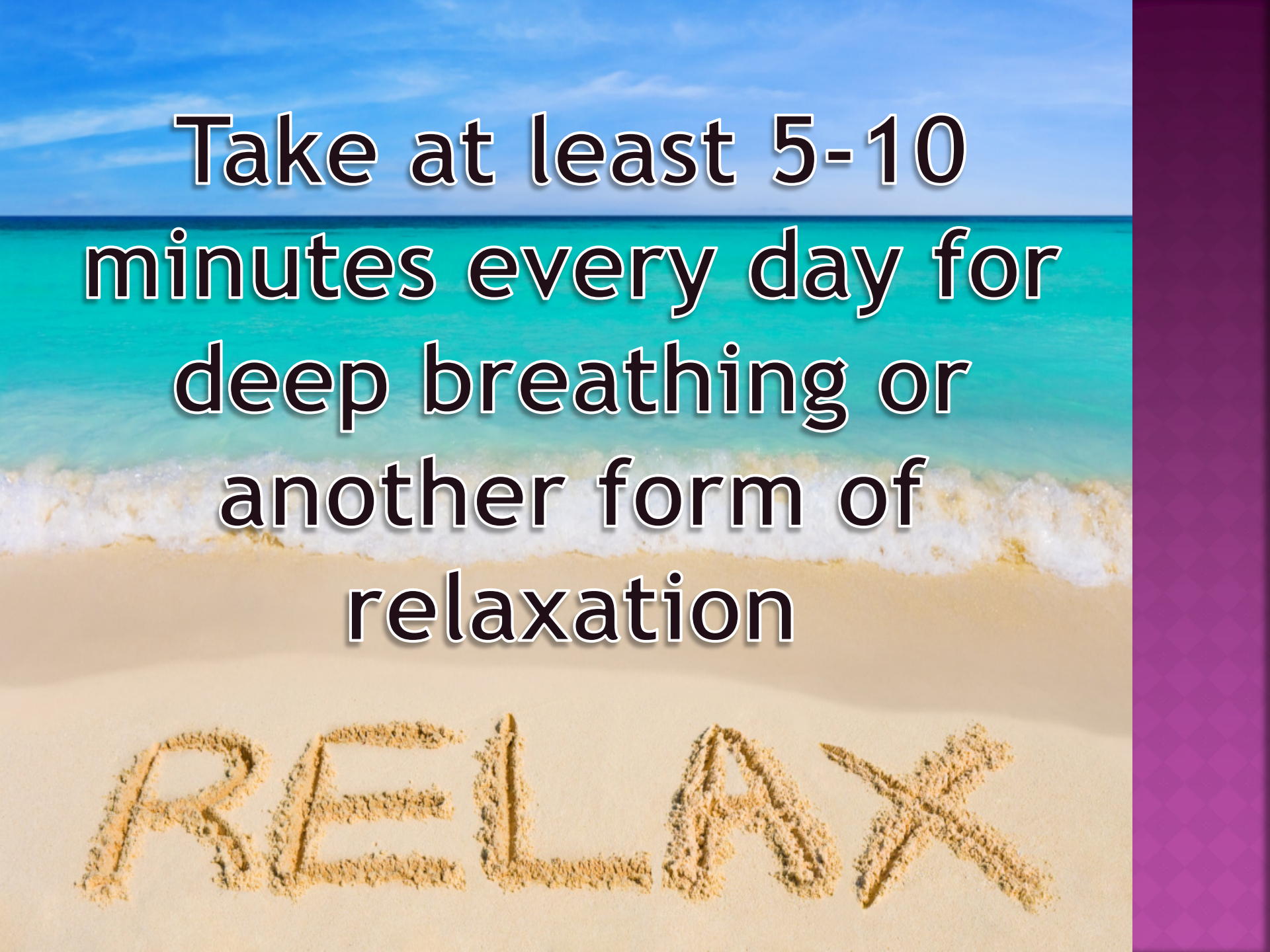
- ◉ Visual #2 in your binder...
- ◉ Write out the situation
- ◉ Divide it into what you can and cannot control
- ◉ Think of a solution and how you can feel better

DAILY RELAXATION

- ⦿ Relaxation: calm the body and the mind
- ⦿ Some good forms of relaxation:
 - Yoga
 - Tai Chi
 - Meditation
 - Warm bath
 - Deep breaths
- ⦿ Look at Visual #3 in your binder...

DEEP BREATHING EXERCISE





Take at least 5-10
minutes every day for
deep breathing or
another form of
relaxation

RELAX

MY STRESS ACTION PLAN

⦿ Home Practice #1

YOUR SUPPORT SYSTEM

SUPPORT SYSTEMS ARE IMPORTANT

- ◉ Good support → healthy habits
- ◉ Examples of support systems
 - Friends
 - Family
 - Doctors
 - Pharmacists
 - Nurses
 - Group members

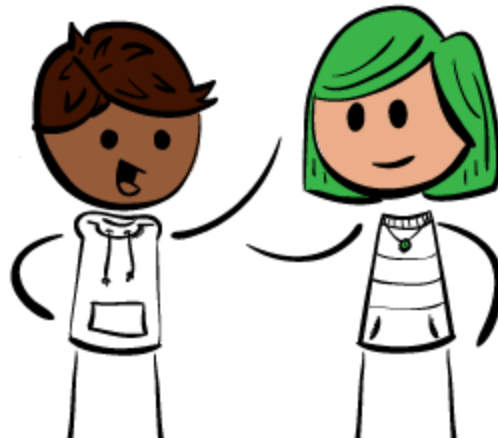
YOUR SUPPORT SYSTEM

- ◉ Group Question: What kinds of support do these individuals provide?



TALKING WITH YOUR SUPPORTS AND THE PMA STRATEGY

- ◉ When others make it hard to reach your health goals, use the PMA strategy
- ◉ See Handout #4



PMA STRATEGY

- ◉ Plus-Minus-Alternative (PMA) Strategy for communication:
 1. Say something positive about the person (a plus)
 2. Say what your problem is (a minus)
 3. Make a suggestion for change (an alternative)

TIME FOR ROLE PLAY!

- ◉ I need a volunteer from the audience...



SUMMARY OF TODAY'S LESSON

- ◉ What did you all learn today?
- ◉ Anything new or surprising?
- ◉ What are you looking forward to learning more about or working on for yourself?

SUMMARY OF TODAY'S LESSON

- ◉ Healthy ways to deal with stress and relax
- ◉ Deep breathing
- ◉ Making a stress action plan
- ◉ Your support system
 - PMA Strategy