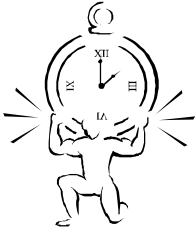


Stress & Diabetes
What is Stress?



Stress affects your blood sugar. It may cause your blood sugar to up or down more than you may expect.

Stress is many things. It can come from good things as well as bad things. You may feel stress from:

- **Big life changes** like:
 - A death of a friend or family member
 - Moving to a new home or having leaving a home
 - A new baby
 - Marriage or divorce
 - A new job or changes at work
 - Changes in your daily routine - schedule
 - Traveling
 - Holidays
 - Health Problems - you or a loved one
 - Other:

Or lots of little things that build up over time.

What is stressful for you?

Stress causes real changes in your body affecting your **blood sugar** as well as other things:

- Blood pressure
 - Heartbeat
 - Muscle tension
 - How your body digests or uses food
- It can affect how you sleep, your appetite, and your level of energy

- You may feel tired or very tense
- You might forget to take your medicine
- You may change how you eat, - eating more or less than usual.
- Your activity may change, - you may not do your usual activity or do more than usual to take your mind off of what is upsetting to you.

Remember stress can cause real changes in your blood sugar.

What you can do to take care of stress.

1. Know when you are having stress. Think about what can cause stress for you.
2. Have a plan to cope with stress. What can help you take care of stress?
 - Exercise - take a walk
 - Support - talking to a family member or friend who will listen.
 - Music - listening, singing or playing and
 - Religion - Some people find prayer helpful
 - Plan an activity that gives you pleasure
 - Reading for pleasure or to learn more about diabetes and coping with stress
 - Relaxation - meditating or deep breathing
 - Food - eat healthy
 - Join a group - a support group may be helpful.

Everyone has stress at one time or another. How you take care of stress is up to you. Learn to know when your are having stress and have a plan to take of it.

Sometimes you may not be able to take care of stress on your own.

- Work with your health care team; your doctor, nurse and nutritionist
- Sometimes a counselor or therapist may be helpful.

