

# Diabetes and stress management

Everyone has stress at times. Stress can give you the motivation you need to accomplish something. But too much stress may not be healthy, especially for people with diabetes. Stress can increase your **blood sugar, blood pressure, cholesterol, and heart rate**. It's important to recognize the signs of too much stress and what to do to prevent or manage it.

## Some signs of stress

You may be under stress if you're feeling:

- Angry
- Anxious/worried
- Confused
- Depressed
- Fatigued
- Frightened
- Tense

Stress also has physical signs, like:

- Aches and pains
- Stomach problems
- Dizziness
- Headaches
- Sweating
- Tingling

## Preventing and reducing stress

Sometimes there are things you can do to prevent or reduce stress.

For example:

- Decide what's most important to you and focus on those things
- Have a positive attitude and a good sense of humor
- Set realistic goals to improve what you can
- Avoid stressful people or situations when you can

Dealing with diabetes can have its own kind of stress, but you can prevent or reduce that, too. For example, you can:

- Join a diabetes support group
- Attend diabetes education classes
- Be sure to eat right and drink enough fluids
- Eat a variety of foods from all the food groups (based on your meal plan)
- Do some physical activity every day



## Some ways to manage stress

We can't prevent all the stress in our lives, but we can manage it. Different people will have different ways to manage stress. You can explore these three areas in life to find what works for you.

- ✓ **Self-care:** Doing things to take care of your body and mind, like exercising, praying or meditating, or just taking a break
- ✓ **Relationships:** Connecting with other people through things like spending time with loved ones, talking about a problem with a counselor, or helping someone
- ✓ **Fun:** Doing activities you enjoy, like listening to music, playing games, or making something



## Getting help

Sometimes the stress is too much to handle on our own. You can talk to your doctor or diabetes care team about getting help. You're not alone!