



Your mission—should you choose to accept it—is to take action to manage stress.

Everyone gets stressed at times. But sometimes, the stress can be too much. When you have diabetes, it’s important to manage stress because it can raise your blood sugar.

Write down some things you can do to manage stress. The next time you’re feeling stressed, use this chart to track the activity and how you felt before and after the activity.

Things I can do to manage stress:

How are you feeling?

Before	Activity	After
Happy Sad Stressed Angry Relaxed		Happy Sad Stressed Angry Relaxed

Sometimes stress can be too much to handle on our own. You can talk to your health care provider or diabetes educator about getting help. Remember: You’re not alone!