

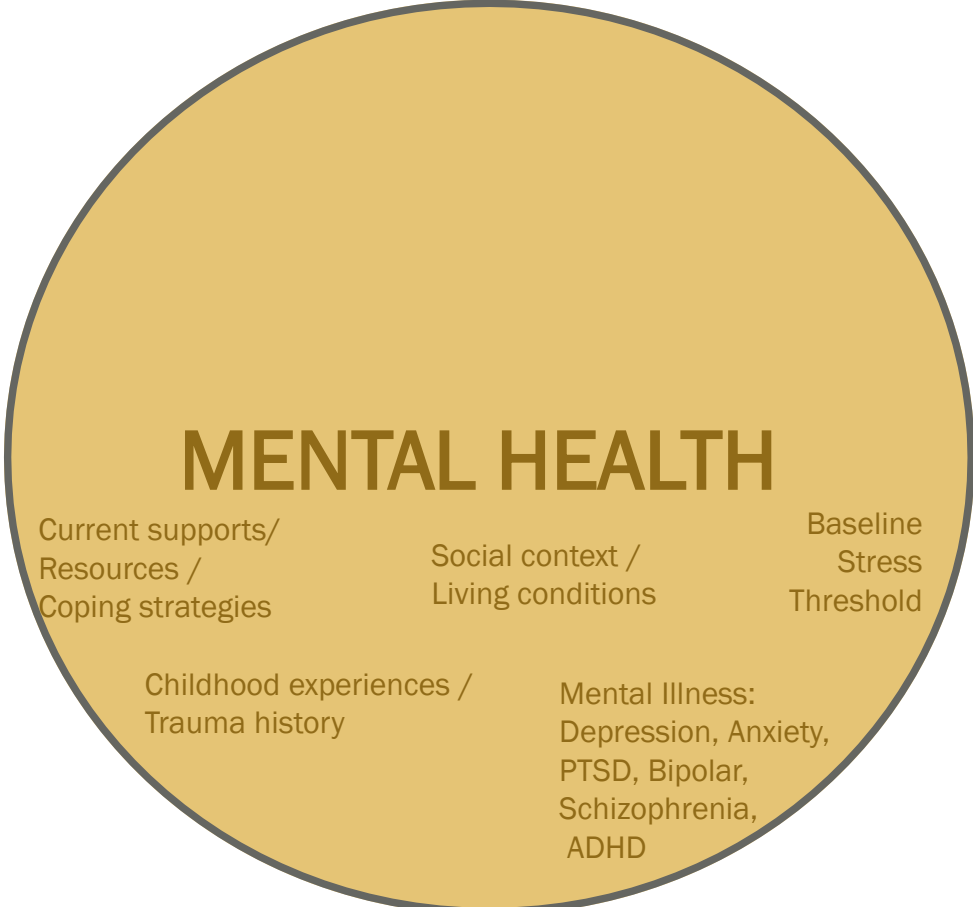
DIABETES AND MENTAL HEALTH

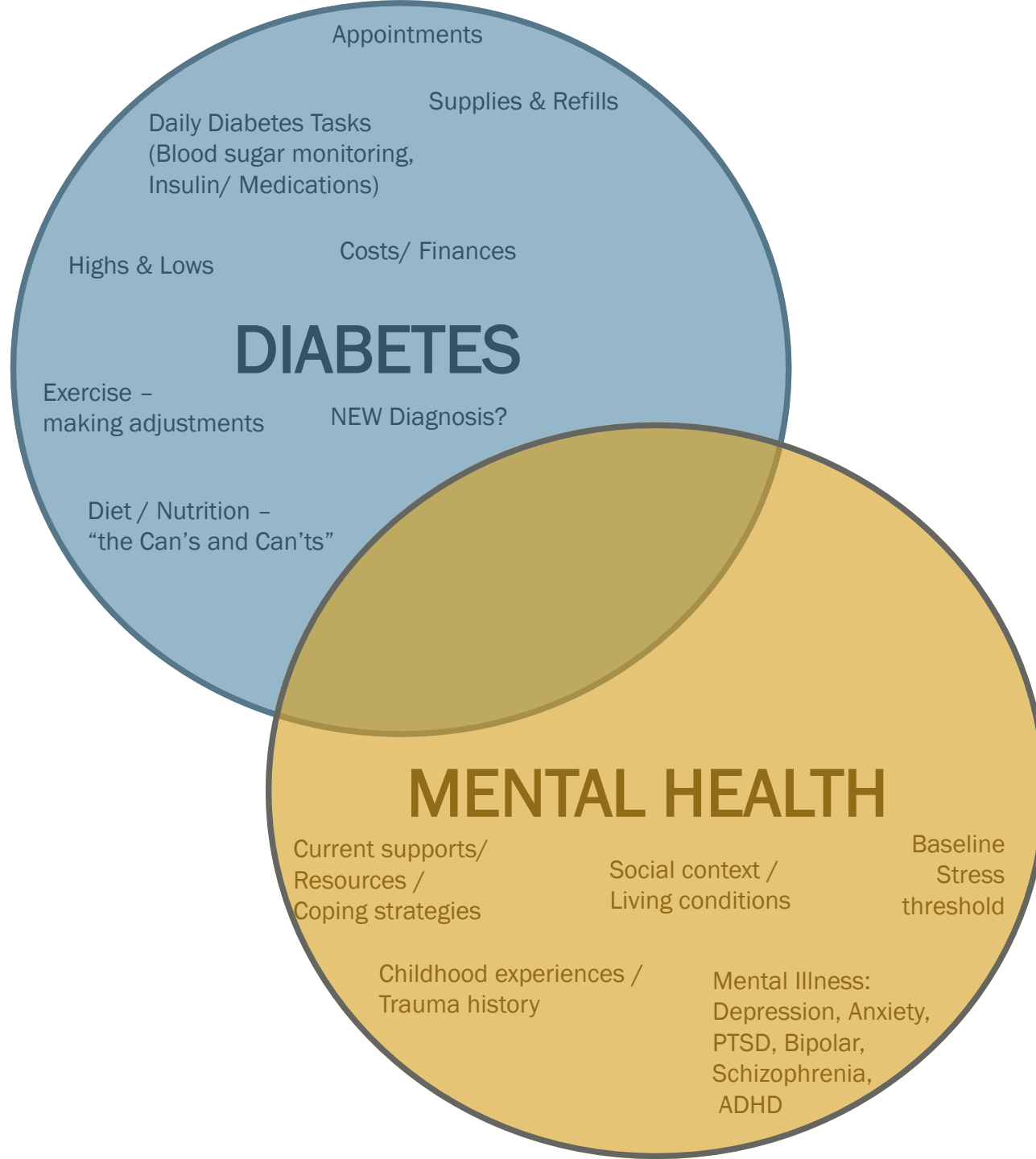
In the context of COVID-19

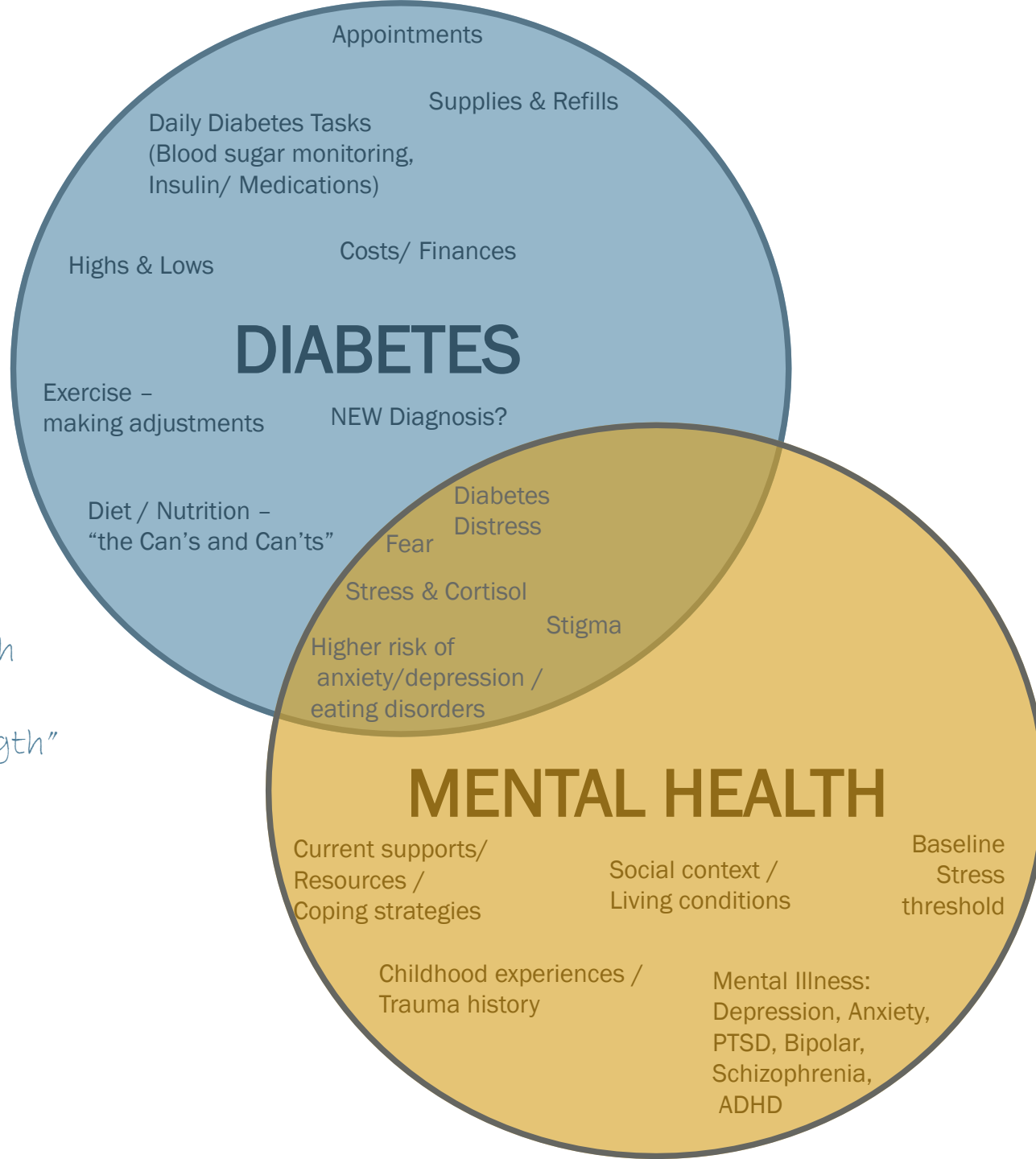
Brooke Sturzenegger, Mental Health RN
Community Health Centres of Northumberland

What we'll cover:

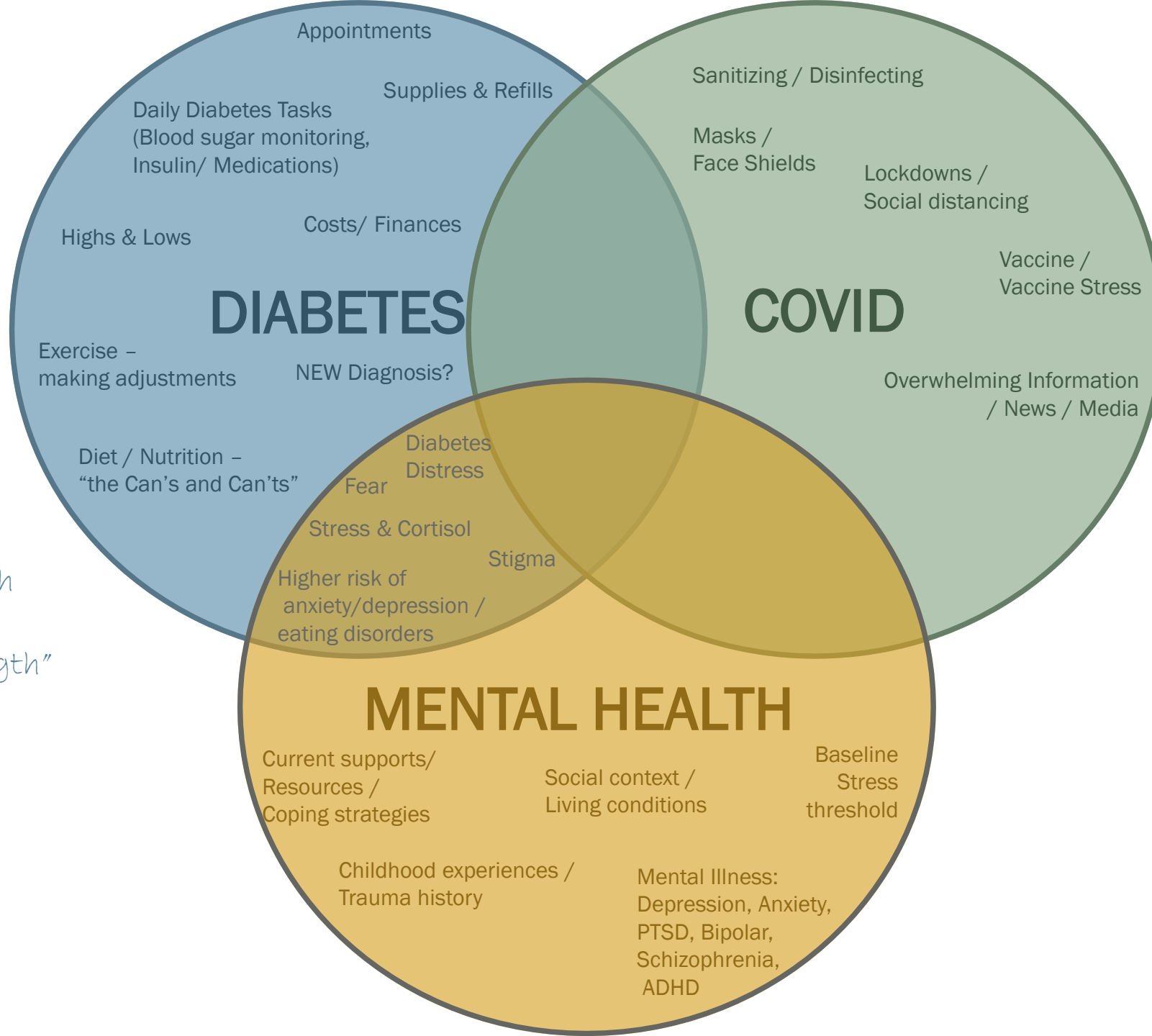
1. How mental health, the stresses of diabetes, and the pandemic overlap
2. How diabetes management and mental health/stress affect each other
3. What can we do about it



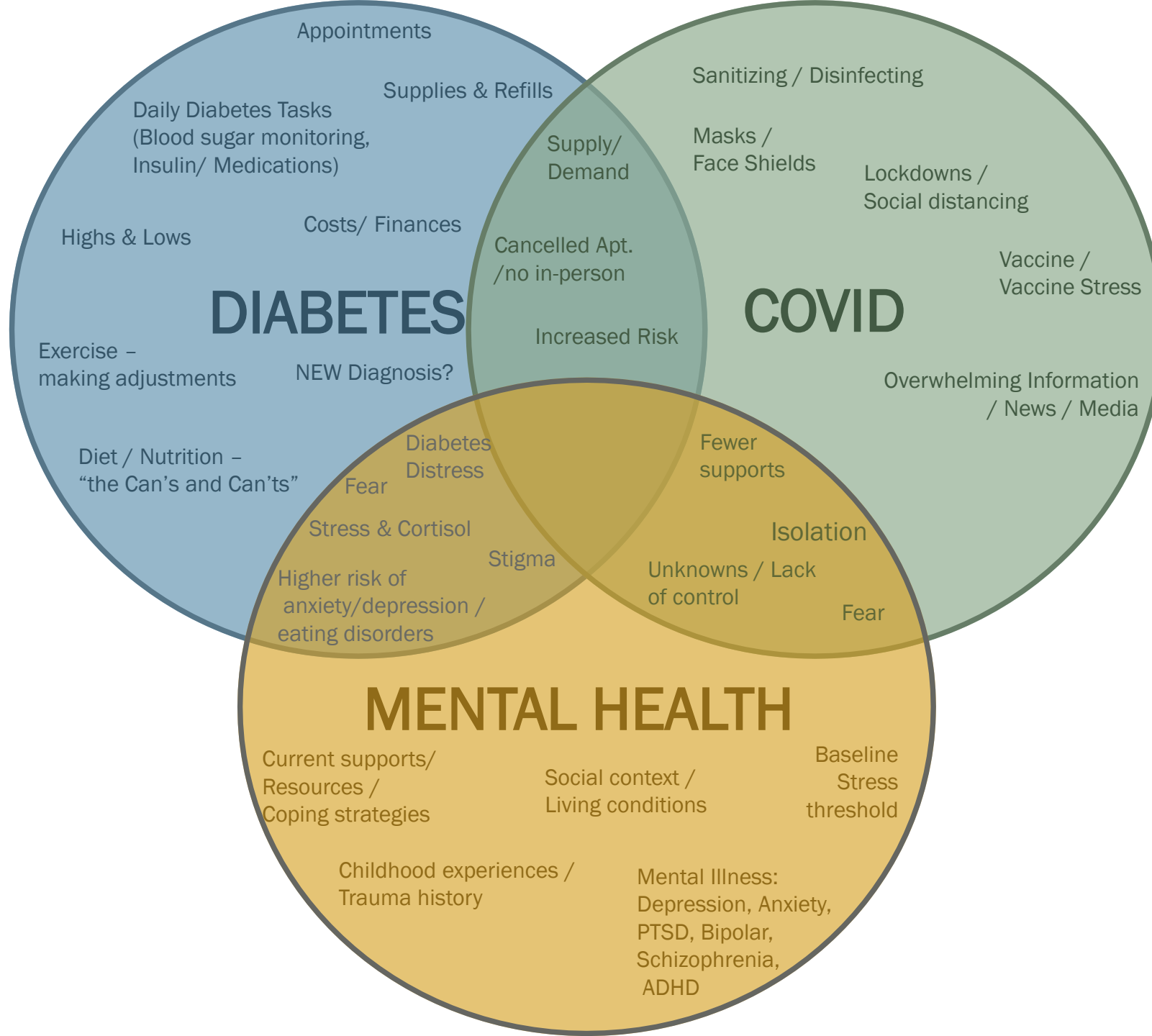


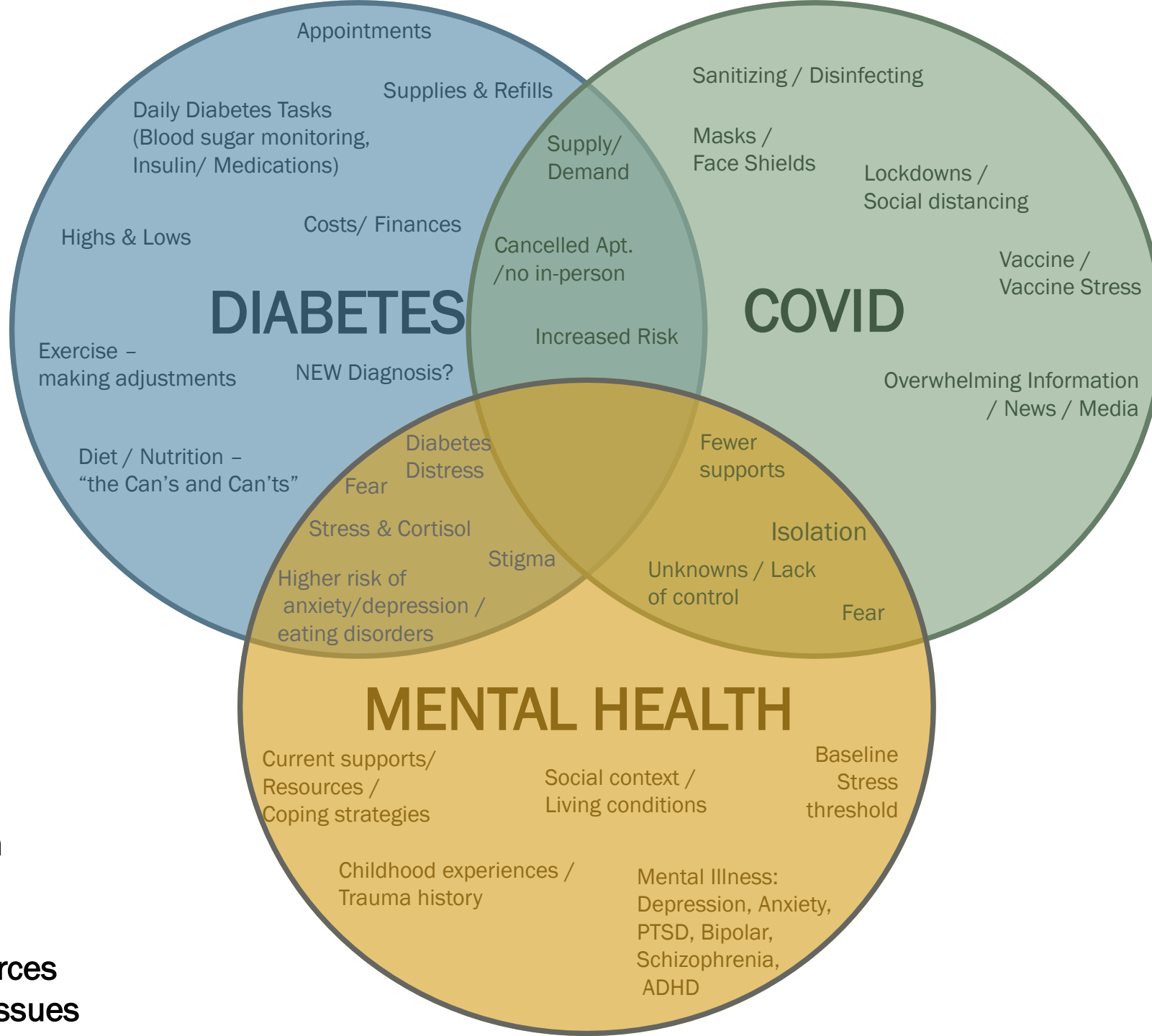


"Living well with diabetes takes emotional strength"



"Living well with diabetes takes emotional strength"





- Family situation
- Social life
- Work / School
- Financial resources
- Other medical issues

All this to say....

IT'S NORMAL.

- Diabetes is a MARATHON, not a sprint
- Diabetes Distress = when negative emotions become overwhelming due to burden of every day tasks related to diabetes.

"Its okay to not always feel okay."



JUST BECAUSE IT'S **NORMAL**,

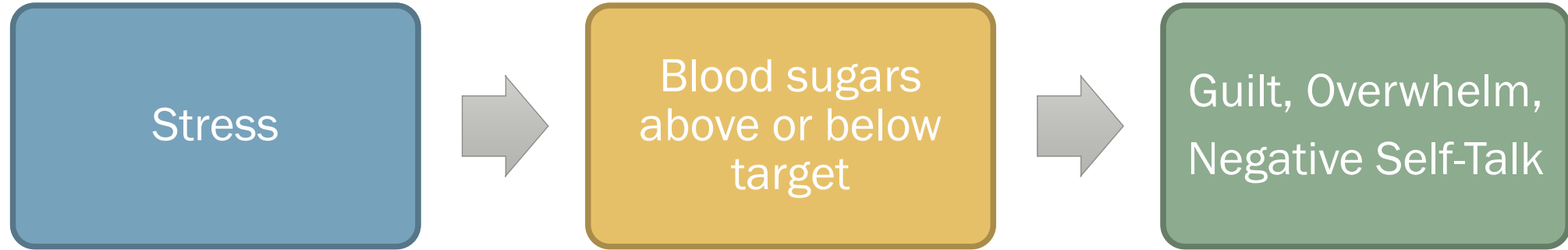
doesn't mean we "leave it at that"

Lets take a closer look....



How does mental health impact diabetes?

(vice versa)

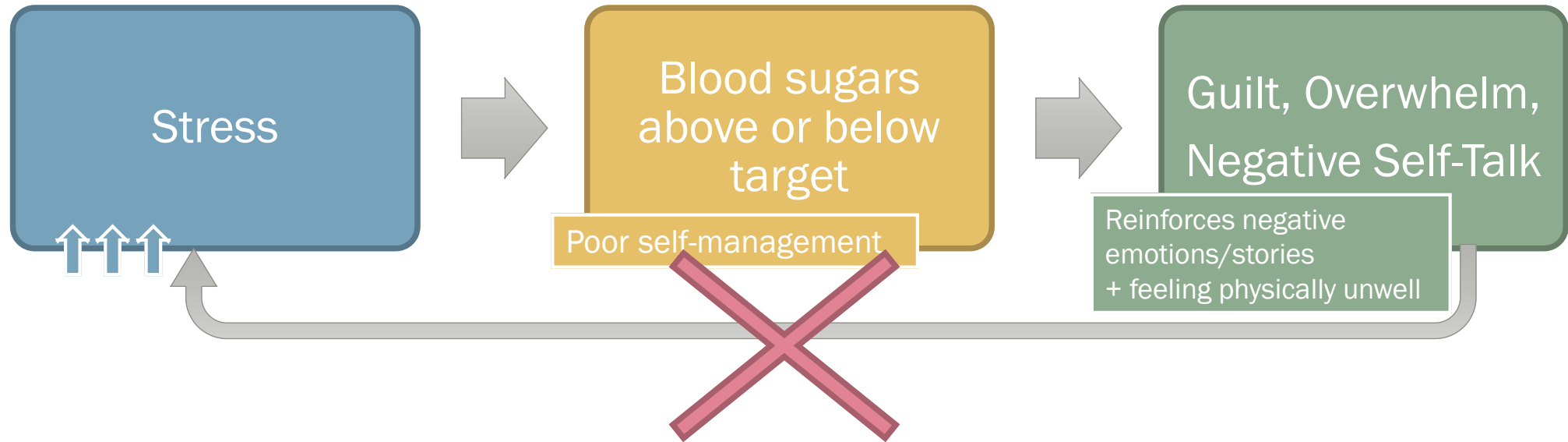


How does mental health impact diabetes?

(vice versa)



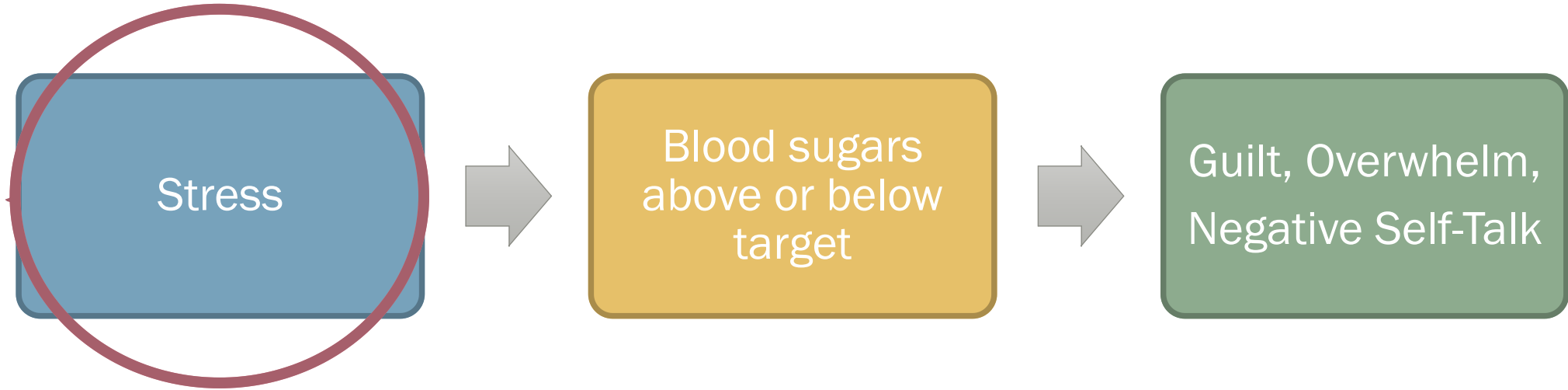
What do we do for ourselves?



What we want to do, is break this cycle!

- 1) Being aware of it, and how we get caught up
- 2) Intentionally targeting different parts of it

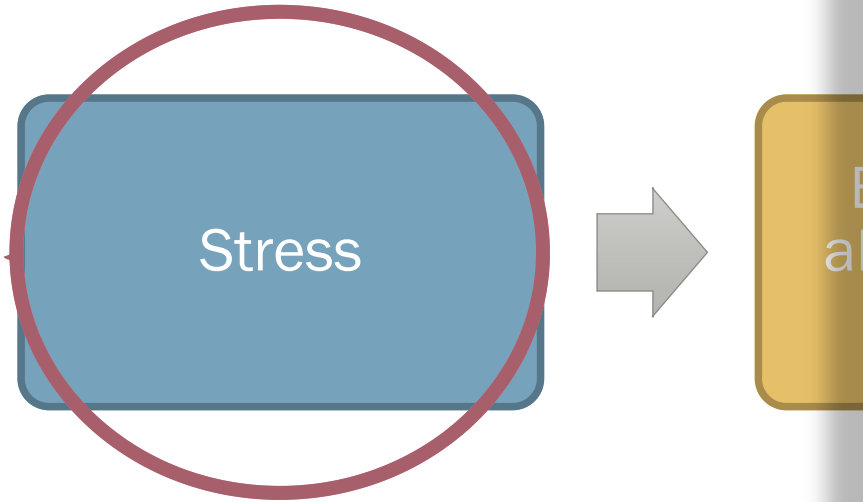
What do we do for ourselves?



We can target **STRESS.**

- Focusing on the **foundation**: sleep/rest, eating well, moving our bodies, limiting caffeine
- Being aware of how our sense of control, impacts our stress levels:
 - Is it something I can change/control? → Make a plan, take action*
 - Is it something outside of my control? → Manage reaction*
- Add in stress reducing activities, that move us out of “fight-and-flight” reaction and into our calming nervous system, “rest-and-digest”

What do we do for ourselves



We can target **STRESS.**

- Focusing on the foundation: sleep/r
- Being aware of how our sense of control
Is it something I can change/control?
Is it something outside of my control?
- Add in stress reducing activities, that
and into our calming nervous system

Steps to Stress Management

1. Identify a Stressful Situation



- A. Appraisal of the Situation
The perception of the likelihood and magnitude of a potential threat and of our perceived ability to cope with that threat.
- B. Availability of Coping Strategies
Depending on how we feel we can cope or deal with a given stressful situation, we feel more or less stress.

2. Strategize About How to Cope with the Situation



- In any stressful situation, it is important to ask ourselves "What can I control about this situation?".
- If you can control or change these aspects
➤ PROBLEM-FOCUSED COPING
- If you cannot control or change these aspects
➤ SELF-FOCUSED COPING

3. Evaluate Solutions



- Evaluate each solution.
List those that are most feasible.
Choose the BEST solution.

4. Plan to Implement the Solution



- List the steps involved in implementing this solution and dates when these steps will be actioned.

DIABETES CANADA

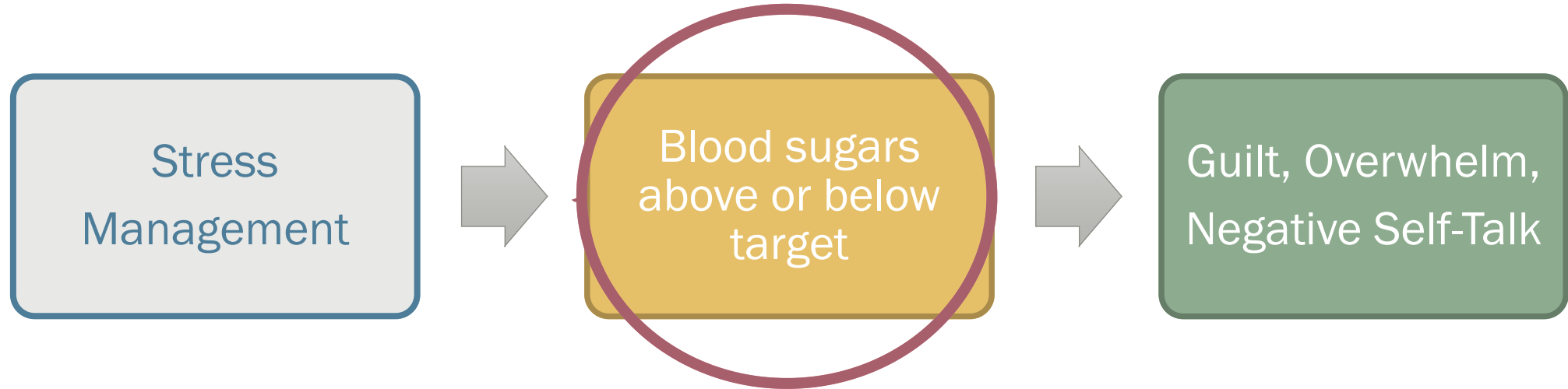
diabetes.ca | 1-800-BANTING (226-8464) | guidelines.diabetes.ca

Diabetes Canada is making the invisible epidemic of diabetes visible and urgent. Eleven million Canadians have diabetes or prediabetes. Now is the time to End Diabetes - its health impacts as well as the blame, shame and misinformation associated with it. Diabetes Canada partners with Canadians to End Diabetes through education and support services, resources for health-care professionals, advocacy to governments, schools and workplaces, and, funding research to improve treatments and find a cure.

This document reflects the 2018 Diabetes Canada Clinical Practice Guidelines © 2018 The Canadian Diabetes Association. The Canadian Diabetes Association is the registered owner of the name Diabetes Canada. 05/2018

affeine

What do we do for ourselves?



We can target **DIABETES MANAGEMENT.**

- What **positively** impacts my blood sugar, that I can **ADD IN.**

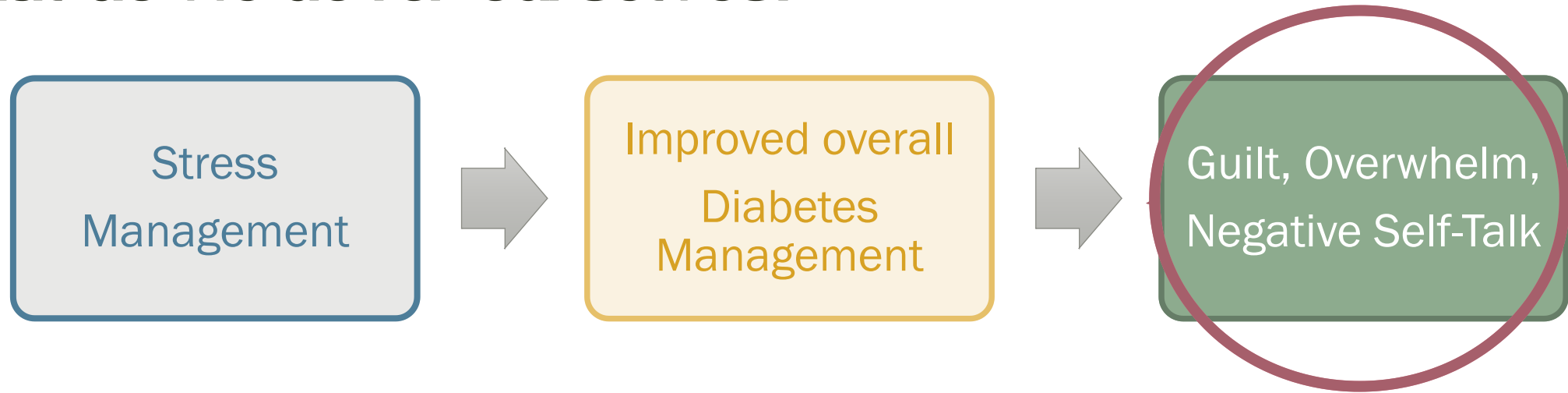
Exercise → Movement that I ENJOY..

Nutrition → Fiber, protein, healthy fats, complex carbs, water

Self-Monitoring → More information

- How can I **simplify** the daily / routine tasks for myself to free up more of my time?
- Reflecting (without judgement) on what's working and what's not.
- Setting realistic goals
- Using resources/expertise of your diabetes team.

What do we do for ourselves?



We can target REACTION/RESPONSE.

- Recognizing if our expectations match what is realistic
- Being aware of how we speak to ourselves – language is powerful!
- Caution saying “I’m fine”, if you’re not fine = Avoidant coping

What is the OUTCOME?



How we treat ourselves impacts our blood sugars.
Our blood sugars impact how we feel physically, and how we feel about ourselves.

IT WORKS BOTH WAYS

If we focus on both, intentionally and daily at some level, our bodies and our minds will thank us.

Action Items:

- Can we focus on diabetes care, as a form of self-care?
- Can we also focus on self-care in general?
- Can we add JOY? PLAYFULNESS?
- Can we enjoy the “*sweetness of life*” in a different way?
Rather than focusing on restriction – what can we add in that sweetens our life experiences?
- Recognize that you are not alone in any of this.
Not in the experiences of this rollercoaster of a year.
Not in the experience of living with diabetes.
- Lets be in this TOGETHER.
To health care professionals- Ask the questions. Listen non-judgmentally. Recognize the many layers.
To individuals with diabetes- Be honest. Open up about what’s going well and what’s not going well.
Trust that you will be met, not with judgement, but with a helping hand and compassionate heart.

Taking Inventory of RIGHT NOW.

To move forward in any direction, it's important to know where you are starting.

How is my SLEEP? NUTRITION? MOVEMENT?

How is my MOOD? STRESS? MENTAL HEALTH?

How are my current SELF-CARE PRACTICES?

How is my DIABETES MANAGEMENT?

THE GOAL

Perhaps... A "perfect" A1C is not the goal, but rather living the best possible life with diabetes.
Living well. Feeling good –
Physically, mentally,
and emotionally.

What am I building towards?

THE SELF-CARE

*What brings me joy?
What fills me up / uplifts me?
What makes life sweeter?*

THE DIABETES STUFF

*What helps make management easier?
What can I add to the foundation to move towards my goals?
How can I adjust how I talk to myself about diabetes?*

THE SUPPORTS

*Who is in my corner? – Diabetes team, friends, family, support groups, forums
What are my resources? – Coping Strategies, useful websites or app, community programs*

BUILDING THE FOUNDATION

How can I better my sleep hygiene practices, Make shifts in my nutrition, Add in more movement?

THE WHY

*Why is diabetes management important to ME? What would better stress management and mental wellness mean?
Why do I want to be the BEST possible me – physically, emotionally, mentally?*

Taking Inventory of RIGHT NOW.

To move forward in any direction, it's important to know where you are starting.

How is my SLEEP? NUTRITION? MOVEMENT?

Often stay up too late on my phone.
Brain keeps me awake for a while after laying down.
Think of exercise as a chore, but I do it at least 3 times a week.
I catch myself eating easy packaged foods on the run

How is my MOOD? STRESS? MENTAL HEALTH?

I am often stressed / easily irritated at home. I have a lot going on at work and find it hard to unwind.
My mood is low a few times a week.
I get overwhelmed with all-things diabetes on top of it all

How are my current SELF-CARE PRACTICES?

I leave self-care for last...after everything else is done...which often means I don't have time or energy for it by the end of the day.
I enjoy getting out for walks when I do, especially when the suns coming up in the morning.

How is my DIABETES MANAGEMENT?

Could be better. Its always in the back of my mind. Sometimes I forget to take my medications or test my blood sugar 3-4 times per week. Sometimes I just get so fed up I think "what's the point". I'm nervous to share my struggles with my diabetes team...

THE GOAL

Perhaps... A "perfect" A1C is not the goal, but rather living the best possible life with diabetes.
Living well. Feeling good –
Physically, mentally,
and emotionally.

What am I building towards?

THE SELF-CARE

What brings me joy?
What fills me up / uplifts me?
What makes life sweeter?

THE DIABETES STUFF

What helps make management easier?
What can I add to the foundation to move towards my goals?
How can I adjust how I talk to myself about diabetes?

THE SUPPORTS

Who is in my corner? – Diabetes team, friends, family, support groups, forums
What are my resources? – Coping Strategies, useful websites or app, community programs

BUILDING THE FOUNDATION

How can I better my sleep hygiene practices, Make shifts in my nutrition, Add in more movement?

THE WHY

Why is diabetes management important to ME? What would better stress management and mental wellness mean?
Why do I want to be the BEST possible me – physically, emotionally, mentally?

Taking Inventory of RIGHT NOW.

To move forward in any direction, it's important to know where you are starting.

How is my SLEEP? NUTRITION? MOVEMENT?

Often stay up too late on my phone.
Brain keeps me awake for a while after laying down.
Think of exercise as a chore, but I do it at least 3 times a week.
I catch myself eating easy packaged foods on the run

How is my MOOD? STRESS? MENTAL HEALTH?

I am often stressed / easily irritated at home. I have a lot going on at work and find it hard to unwind.
My mood is low a few times a week.
I get overwhelmed with all-things diabetes on top of it all

How are my current SELF-CARE PRACTICES?

I leave self-care for last...after everything else is done...which often means I don't have time or energy for it by the end of the day.
I enjoy getting out for walks when I do, especially when the suns coming up in the morning.

How is my DIABETES MANAGEMENT?

Could be better. Its always in the back of my mind. Sometimes I forget to take my medications or test my blood sugar 3-4 times per week. Sometimes I just get so fed up I think "what's the point". I'm nervous to share my struggles with my diabetes team...

THE GOAL

Perhaps... A "perfect" A1C is not the goal, but rather living the best possible life with diabetes.

Living well. Feeling good –
Physically, mentally,
and emotionally.

What am I building towards?

THE SELF-CARE

What brings me joy?
What fills me up / uplifts me?
What makes life sweeter?

THE DIABETES STUFF

What helps make management easier?
What can I add to the foundation to move towards my goals?
How can I adjust how I talk to myself about diabetes?

THE SUPPORTS

Who is in my corner? – Diabetes team, friends, family, support groups, forums
What are my resources? – Coping Strategies, useful websites or app, community programs

BUILDING THE FOUNDATION

How can I better my sleep hygiene practices, Make shifts in my nutrition, Add in more movement?

THE WHY

To feel better. To live a long and healthy life that I ENJOY. To be a better parent/spouse/friend – have more energy to spend time with those I care about. Be less irritable. Have more fun. More time for the things that mean the most.

Why is diabetes management important to ME? What would better stress management and mental wellness mean?
Why do I want to be the BEST possible me – physically, emotionally, mentally?



Taking Inventory of RIGHT NOW.

To move forward in any direction, it's important to know where you are starting.

How is my SLEEP? NUTRITION? MOVEMENT?

Often stay up too late on my phone.
Brain keeps me awake for a while after laying down.
Think of exercise as a chore, but I do it at least 3 times a week.
I catch myself eating easy packaged foods on the run

How is my MOOD? STRESS? MENTAL HEALTH?

I am often stressed / easily irritated at home. I have a lot going on at work and find it hard to unwind.
My mood is low a few times a week.
I get overwhelmed with all-things diabetes on top of it all

How are my current SELF-CARE PRACTICES?

I leave self-care for last...after everything else is done...which often means I don't have time or energy for it by the end of the day.
I enjoy getting out for walks when I do, especially when the suns coming up in the morning.

How is my DIABETES MANAGEMENT?

Could be better. Its always in the back of my mind. Sometimes I forget to take my medications or test my blood sugar 3-4 times per week. Sometimes I just get so fed up I think "what's the point". I'm nervous to share my struggles with my diabetes team...

THE GOAL

Perhaps... A "perfect" A1C is not the goal, but rather living the best possible life with diabetes.

Living well. Feeling good –
Physically, mentally,
and emotionally.

What am I building towards?

THE SELF-CARE

What brings me joy?
What fills me up / uplifts me?
What makes life sweeter?

THE DIABETES STUFF

What helps make management easier?
What can I add to the foundation to move towards my goals?
How can I adjust how I talk to myself about diabetes?

THE SUPPORTS

Who is in my corner? – Diabetes team, friends, family, support groups, forums
What are my resources? – Coping Strategies, useful websites or app, community programs

BUILDING THE FOUNDATION

Do yoga/stretch, read or journal, have a bath to wind down. Avoid stressful activities or conversations before bed. I will turn off my screens 1hr before.
Eat home-cooked meals 80% of the week. Save time by prepping what I can on Sunday. Swap water for juice or 2nd coffee. I exercise for ME and my wellbeing. I choose things I enjoy! I move daily in some way!

How can I better my sleep hygiene practices, Make shifts in my nutrition, Add in more movement?

THE WHY

To feel better. To live a long and healthy life that I ENJOY. To be a better parent/spouse/friend – have more energy to spend time with those I care about. Be less irritable. Have more fun. More time for the things that mean the most.

Why is diabetes management important to ME? What would better stress management and mental wellness mean?
Why do I want to be the BEST possible me – physically, emotionally, mentally?



Taking Inventory of RIGHT NOW.

To move forward in any direction, it's important to know where you are starting.

How is my SLEEP? NUTRITION? MOVEMENT?

Often stay up too late on my phone.
Brain keeps me awake for a while after laying down.
Think of exercise as a chore, but I do it at least 3 times a week.
I catch myself eating easy packaged foods on the run

How is my MOOD? STRESS? MENTAL HEALTH?

I am often stressed / easily irritated at home. I have a lot going on at work and find it hard to unwind.
My mood is low a few times a week.
I get overwhelmed with all-things diabetes on top of it all

How are my current SELF-CARE PRACTICES?

I leave self-care for last...after everything else is done...which often means I don't have time or energy for it by the end of the day.
I enjoy getting out for walks when I do, especially when the suns coming up in the morning.

How is my DIABETES MANAGEMENT?

Could be better. Its always in the back of my mind. Sometimes I forget to take my medications or test my blood sugar 3-4 times per week. Sometimes I get so fed up I think "what's the point". I'm nervous to share my struggles with my diabetes team

THE GOAL

Perhaps... A "perfect" A1C is not the goal, but rather living the best possible life with diabetes.

Living well. Feeling good –
Physically, mentally,
and emotionally.

What am I building towards?

THE SELF-CARE

What brings me joy?
What fills me up / uplifts me?
What makes life sweeter?

THE DIABETES STUFF

What helps make management easier?
What can I add to the foundation to move towards my goals?
How can I adjust how I talk to myself about diabetes?

THE SUPPORTS

I feel most connected to Susan on the diabetes team, if I am struggling I reach out to her first. My mom is my go-to support in my family – she makes me feel heard. My friend Jill will hold me accountable, because we have similar lifestyle goals. I use walks to calm down & reset. I use Headspace app every morning when I wake up to start the day right

Who is in my corner? – Diabetes team, friends, family, support groups, forums
What are my resources? – Coping Strategies, useful websites or app, community programs

BUILDING THE FOUNDATION

Do yoga/stretch, read or journal, have a bath to wind down. Avoid stressful activities or conversations before bed. I will turn off my screens 1hr before.
Eat home-cooked meals 80% of the week. Save time by prepping what I can on Sunday. Swap water for juice or 2nd coffee. I exercise for ME and my wellbeing. I choose things I enjoy! I move daily in some way!

How can I better my sleep hygiene practices, Make shifts in my nutrition, Add in more movement?

THE WHY

To feel better. To live a long and healthy life that I ENJOY. To be a better parent/spouse/friend – have more energy to spend time with those I care about. Be less irritable. Have more fun. More time for the things that mean the most.

Why is diabetes management important to ME? What would better stress management and mental wellness mean?
Why do I want to be the BEST possible me – physically, emotionally, mentally?

Taking Inventory of RIGHT NOW.

To move forward in any direction, it's important to know where you are starting.

How is my SLEEP? NUTRITION? MOVEMENT?

Often stay up too late on my phone.
Brain keeps me awake for a while after laying down.
Think of exercise as a chore, but I do it at least 3 times a week.
I catch myself eating easy packaged foods on the run

How is my MOOD? STRESS? MENTAL HEALTH?

I am often stressed / easily irritated at home. I have a lot going on at work and find it hard to unwind.
My mood is low a few times a week.
I get overwhelmed with all-things diabetes on top of it all

How are my current SELF-CARE PRACTICES?

I leave self-care for last...after everything else is done...which often means I don't have time or energy for it by the end of the day.
I enjoy getting out for walks when I do, especially when the suns coming up in the morning.

How is my DIABETES MANAGEMENT?

Could be better. Its always in the back of my mind
Sometimes I forget to take my medications or test my blood sugar 3-4 times per week. Sometimes I get so fed up I think "what's the point". I'm nervous to share my struggles with my diabetes team

THE GOAL

Perhaps... A "perfect" A1C is not the goal, but rather living the best possible life with diabetes.

Living well. Feeling good –
Physically, mentally,
and emotionally.

What am I building towards?

THE SELF-CARE

What brings me joy?
What fills me up / uplifts me?
What makes life sweeter?

THE DIABETES STUFF

My glucometer and pills are beside my coffee pot. I have refill and apt reminders on my phone. If I have a 'bad reading' I take a breath and remind myself that I am human – then I reflect on what I can try next time.

What helps make management easier?
What can I add to the foundation to move towards my goals?
How can I adjust how I talk to myself about diabetes?

THE SUPPORTS

I feel most connected to Susan on the diabetes team, if I am struggling I reach out to her first. My mom is my go-to support in my family – she makes me feel heard. My friend Jill will hold me accountable, because we have similar lifestyle goals. I use walks to calm down & reset. I use Headspace app every morning when I wake up to start the day right

Who is in my corner? – Diabetes team, friends, family, support groups, forums
What are my resources? – Coping Strategies, useful websites or app, community programs

BUILDING THE FOUNDATION

Do yoga/stretch, read or journal, have a bath to wind down. Avoid stressful activities or conversations before bed. I will turn off my screens 1hr before.
Eat home-cooked meals 80% of the week. Save time by prepping what I can on Sunday. Swap water for juice or 2nd coffee. I exercise for ME and my wellbeing. I choose things I enjoy! I move daily in some way!

How can I better my sleep hygiene practices, Make shifts in my nutrition, Add in more movement?

THE WHY

To feel better. To live a long and healthy life that I ENJOY. To be a better parent/spouse/friend – have more energy to spend time with those I care about. Be less irritable. Have more fun. More time for the things that mean the most.

Why is diabetes management important to ME? What would better stress management and mental wellness mean?
Why do I want to be the BEST possible me – physically, emotionally, mentally?

Taking Inventory of RIGHT NOW.

To move forward in any direction, it's important to know where you are starting.

How is my SLEEP? NUTRITION? MOVEMENT?

Often stay up too late on my phone.
Brain keeps me awake for a while after laying down.
Think of exercise as a chore, but I do it at least 3 times a week.
I catch myself eating easy packaged foods on the run

How is my MOOD? STRESS? MENTAL HEALTH?

I am often stressed / easily irritated at home. I have a lot going on at work and find it hard to unwind.
My mood is low a few times a week.
I get overwhelmed with all-things diabetes on top of it all

How are my current SELF-CARE PRACTICES?

I leave self-care for last...after everything else is done...which often means I don't have time or energy for it by the end of the day.
I enjoy getting out for walks when I do, especially when the suns coming up in the morning.

How is my DIABETES MANAGEMENT?

Could be better. Its always in the back of my mind
Sometimes I forget to take my medications or test my blood sugar 3-4 times per week. Sometimes I get so fed up I think "what's the point". I'm nervous to share my struggles with my diabetes team

THE GOAL

Perhaps... A "perfect" A1C is not the goal, but rather living the best possible life with diabetes.

Living well. Feeling good –
Physically, mentally,
and emotionally.

What am I building towards?

THE SELF-CARE

Time outside,
Pets, call friends,
dance! Warm tea,
journal, watch funny

show. Laugh! I do at least 1 of these things in the morning before I start my other daily tasks

What brings me joy?

What fills me up / uplifts me?

What makes life sweeter?

THE DIABETES STUFF

My glucometer and pills are beside my coffee pot. I have refill and apt reminders on my phone. If I have a 'bad reading' I take a breath and remind myself that I am human – then I reflect on what I can try next time.

What helps make management easier?

What can I add to the foundation to move towards my goals?

How can I adjust how I talk to myself about diabetes?

THE SUPPORTS

I feel most connected to Susan on the diabetes team, if I am struggling I reach out to her first. My mom is my go-to support in my family – she makes me feel heard. My friend Jill will hold me accountable, because we have similar lifestyle goals. I use walks to calm down & reset. I use Headspace app every morning when I wake up to start the day right

Who is in my corner? – Diabetes team, friends, family, support groups, forums

What are my resources? – Coping Strategies, useful websites or app, community programs

BUILDING THE FOUNDATION

Do yoga/stretch, read or journal, have a bath to wind down. Avoid stressful activities or conversations before bed. I will turn off my screens 1hr before.

Eat home-cooked meals 80% of the week. Save time by prepping what I can on Sunday. Swap water for juice or 2nd coffee. I exercise for ME and my wellbeing. I choose things I enjoy! I move daily in some way!

How can I better my sleep hygiene practices, Make shifts in my nutrition, Add in more movement?

THE WHY

To feel better. To live a long and healthy life that I ENJOY. To be a better parent/spouse/friend – have more energy to spend time with those I care about. Be less irritable. Have more fun. More time for the things that mean the most.

Why is diabetes management important to ME? What would better stress management and mental wellness mean?

Why do I want to be the BEST possible me – physically, emotionally, mentally?

RESOURCES



- Your diabetes team
- Diabetes Canada: www.diabetes.ca
 - *Peer connect presentations*
- System Navigation: ConnexOntario (1-866-531-2600) or 211
- Bounce Back Ontario (1-866-345-0224)
- Four County Crisis
- Northumberland Hills Community Mental Health Service
- Apps & Websites
 - *Headspace, Insight Timer, HealthyMinds, MindShift-CBT (apps)*
 - *CAMH: Managing your stress & anxiety during COVID-19 (app)*
 - *Anxiety Canada (website)*
 - *TogetherAll (Big white wall) (website)*
 - *PC Health App (recommended by Diabetes Canada)*

**Northumberland Hills:
Community Mental Health Services**
1011 Elgin Street West, Suite 200, Cobourg, ON
Tuesday 8am-4pm & Thursday 10am-6pm
T: 905-377-9891 1-888-294-7579 (office)
T: 905-377-7784 (phone support line)
**alternative to walk-in*





HAND OUTS

(Virtual Hand Outs)



Diabetes Management and Mental Health

RESOURCE PAGE

- Talk to your **Diabetes Team** to connect you to appropriate resources
- Visit **Diabetes Canada**: www.diabetes.ca
 - Ontario Peer Connect Series: Type 1 & Type 2 - Diabetes Canada
- System Navigation:
 - **ConnexOntario**
 - Visit www.connexontario.ca or call (1-866-531-2600)
 - provides free & confidential health services information for people experiencing problems with alcohol & drugs, mental illness or gambling
 - **Ontario 211** (dial 2-1-1 or visit www.211ontario.ca)
 - **211** is a helpline and online database of Ontario's community and social services
- Mental Health Supports/Programs
 - **Bounce Back Ontario**
 - Visit <https://bouncebackontario.ca> or call 1-866-345-0224
 - free skill-building program managed by the Canadian Mental Health Association (CMHA). It is designed to help adults and youth 15+ manage low mood, mild to moderate depression and anxiety, stress or worry. Delivered over the phone with a coach and through online videos, you will get access to tools that will support you on your path to mental wellness.
 - **Northumberland Hills Community Mental Health Services/Walk-In Counselling:**
 - 1011 Elgin Street West, Suite 200, Cobourg, ON
 - Tuesday 8am-4pm & Thursday 10am-6pm
 - T: 905-377-9891 1-888-294-7579 (office) T: 905-377-7784 (phone support line)
<https://nhh.ca/walk-in-counselling>
 - **Four County Crisis** – crisis line for support over the phone (705-745-6484)
- Apps & Websites
 - **Headspace, Insight Timer, HealthyMinds** (apps)
 - Meditation and mindfulness program– guided meditations, progress tracking
 - **MindShift-CBT**
 - MindShift™ CBT uses scientifically proven strategies based on Cognitive Behavioural Therapy (CBT) to help you learn to relax and be mindful, develop more effective ways of thinking, and use active steps to take charge of your anxiety.
 - **CAMH: Managing your stress & anxiety during COVID-19** (app)
 - **Anxiety Canada** (website- <https://anxietycanada.com>) – free anxiety resources, CBT groups
 - **TogetherAll** (Big white wall) (website- <https://togetherall.com>)
 - Online peer-to-peer support community for mental health – forums, self-help courses, self-assessments, tools – journal, goal setter
 - **PC Health App** (recommended by Diabetes Canada)
 - Program library, including chronic care (diabetes), general wellbeing, nutrition, fitness, mental health and Live chat with nurse/dietician



HOW DOES MENTAL HEALTH IMPACT DIABETES MANAGEMENT (Vice versa)



WE CAN BREAK THIS CYCLE BY:

- 1) Being aware of it, and how we personally get “caught up ” in the cycle
- 2) Intentionally addressing different parts of the cycle



- Focusing on the **foundation**: sleep/rest, eating well, moving our bodies, limiting caffeine
 - What is our night-time routine? How do we set ourselves up for the day?
- Being aware of how our sense of control, impacts our stress levels:
 - Is it something I can change/control? – Make a plan, take action
 - Is it something outside of my control? – Manage reaction
- Add in stress reducing activities, that move us out of “fight-and-flight” reaction and into our calming nervous system, “rest-and-digest”
 - Breathing (belly breath, exhale focused), Meditation, Mindfulness, Yoga, Nature

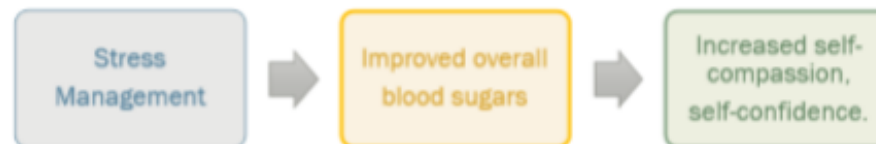


- What **positively** impacts my blood sugar, that I can **ADD IN**.
 - Exercise**. Movement that I **ENJOY**. That I do, not because I have to. But because it is a part of my self-care.
 - Nutrition**. Fiber, protein, healthy fats, complex carbs, water. Foods that make me feel nourished/full/healthy.
 - **Self-Monitoring**.
- How can I **simplify** the daily / routine tasks for myself to free up more of my time?
 - Glucometer & medications in a high-visibility spot
 - Setting reminders for daily activities, site changes, blood work, appointments, ordering supplies
- Reflecting (without judgement) on what’s working and what’s not. Using this reflection for DATA, to inform how to move forward.
- **Setting goals**. Using resources/expertise of your diabetes team.



- Recognizing if our expectations match what is realistic
 - Are you expecting perfection in an imperfect disease?
- Being aware of how we speak to ourselves – language is powerful!
 - Here’s another example of how I failed. I’m the worst. I give up. VS.
 - Today is not the best day I’ve ever had. But maybe if I do __ next time, that will make a difference. I’m curious.
- Caution saying “I’m fine”, if you’re not fine = Avoidant coping
 - “Honestly, I’m struggling today.”
 - Create space for that emotion that comes up, even if uncomfortable (acknowledge it, where it came from, how it feels), then **DECIDE** how to move forward. **CHOOSE** your attitude.

How a positive shift in self-care can create a new pattern:



Taking Inventory of RIGHT NOW.

To move forward in any direction, it's important to know where you are starting.

How is my SLEEP? NUTRITION? MOVEMENT?

How is my MOOD? STRESS? MENTAL HEALTH?

How are my current SELF-CARE PRACTICES?

How is my DIABETES MANAGEMENT?

THE GOAL

Perhaps... A "perfect" A1C is not the goal, but rather living the best possible life with diabetes.
Living well. Feeling good –
Physically, mentally,
and emotionally.

What am I building towards?

THE SELF-CARE

*What brings me joy?
What fills me up / uplifts me?
What makes life sweeter?*

THE DIABETES STUFF

*What helps make management easier?
What can I add to the foundation to move towards my goals?
How can I adjust how I talk to myself about diabetes?*

THE SUPPORTS

*Who is in my corner? – Diabetes team, friends, family, support groups, forums
What are my resources? – Coping Strategies, useful websites or app, community programs*

BUILDING THE FOUNDATION

How can I better my sleep hygiene practices, Make shifts in my nutrition, Add in more movement?

THE WHY

*Why is diabetes management important to ME? What would better stress management and mental wellness mean?
Why do I want to be the BEST possible me – physically, emotionally, mentally?*

Steps to Stress Management

1. Identify a Stressful Situation



- A. Appraisal of the Situation
The perception of the likelihood and magnitude of a potential threat and of our perceived ability to cope with that threat.
- B. Availability of Coping Strategies
Depending on how we feel we can cope or deal with a given stressful situation, we feel more or less stress.

2. Strategize About How to Cope with the Situation



- In any stressful situation, it is important to ask ourselves "What can I control about this situation?".
- If you can control or change these aspects
- PROBLEM-FOCUSED COPING
- If you cannot control or change these aspects
- SELF-FOCUSED COPING

3. Evaluate Solutions



- Evaluate each solution.
- List those that are most feasible.
- Choose the BEST solution.

4. Plan to Implement the Solution



- List the steps involved in implementing this solution and dates when these steps will be actioned.

**DIABETES
CANADA**

diabetes.ca | 1-800-BANTING (226-8464) | guidelines.diabetes.ca

Diabetes Canada is making the invisible epidemic of diabetes visible and urgent. Eleven million Canadians have diabetes or prediabetes. Now is the time to End Diabetes - its health impacts as well as the blame, shame and misinformation associated with it. Diabetes Canada partners with Canadians to End Diabetes through education and support services, resources for health-care professionals, advocacy to governments, schools and workplaces, and, funding research to improve treatments and find a cure.

This document reflects the 2018 Diabetes Canada Clinical Practice Guidelines © 2018 The Canadian Diabetes Association. The Canadian Diabetes Association is the registered owner of the name Diabetes Canada. 05/2018