

the mind-body connection

physical health *is* mental health

Mental health can directly affect your physical health. They're both important pieces of your overall health puzzle. Check in on yourself with these three questions...

1 what am I feeling?

think about
the last 3 months:

to what extent have
you been distressed?



to what extent have
you felt positive?



Diabetes management is imperfect, and ups and downs are part of the journey. How can you minimize the negatives and focus on the positives to improve your quality of life?

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2 what is driving those feelings?

basic psychology tells us that:

if we perceive

a physical or mental threat

a loss

unfairness

we will feel

anxious

sad

anger



Living with diabetes can involve all of these experiences : there's the **THREAT** of possible hypoglycemia, a **LOSS** of spontaneous eating without thinking about blood glucose or insulin, or the **UNFAIRNESS** of having more to manage than someone without diabetes, or being treated differently because of diabetes.

Understanding the link between experiences and these emotions can help you work on accepting your diabetes and its treatment.

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3 what can i do about it?



physical activity

Burn off your stress by exercising



relaxing

Spend time on calm activities to help reduce stress

create something

Creating art can help you express your feelings instead of bottling them up



social connection

Reach out to people you love



practice mindfulness

Find ways to live in the moment

Try meditation, including apps such as Calm, Headspace, or Waking Up

Life is more about meaning than happiness; find your “why” and use your values as a compass toward the life you want

These strategies are just a start! If you're feeling lost about where to start, try accessing mental health services through your diabetes provider or medical provider.