



Quick Tips for Healthy Coping
Managing stress



ACCU-CHEK® *Healthy Habits*
OF LIVING WITH DIABETES

What is stress?

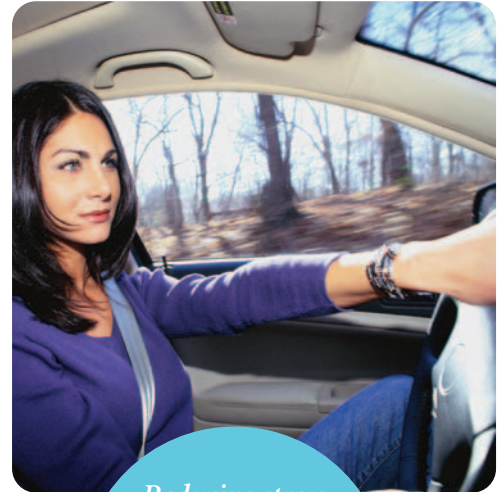
Stress is any physical, emotional or mental strain that causes worry or tension. Its causes can range from being stuck in traffic to caring for an aging parent.

Not all stress is bad—in fact, some stress helps keep us motivated and alert. However, too much stress can lead to:

- Back, chest or muscle pain
- Indigestion
- Headaches
- Diarrhea
- Constipation
- Shortness of breath

How does stress affect diabetes?

Stress can trigger a series of hormonal reactions, the most common being the fight-or-flight response.¹ This causes the body to suddenly release extra glucose for energy, which can make it more difficult to control blood sugar (glucose) levels.



Reducing stress can help ease headaches, indigestion and back, chest or muscle pain.

Identifying stress

The first step in reducing stress is identifying its sources. For people with diabetes, managing the disease can create feelings of anxiety and frustration.

For example, a high blood sugar result may trigger negative thoughts. When this happens, it's important to turn those negative thoughts into a positive problem-solving attitude. An upbeat outlook can help you identify changes that will help you work through problems—helping you to successfully manage the emotional side of diabetes.

Common sources of stress

- Injury/illness
- Relationship problems
- Financial woes
- Work-related issues
- Death of a family member or friend
- Moving
- Marriage

Coping with stress

Although you can't eliminate stress from your life, there are several ways to reduce it:

- Follow a healthy meal plan
- Exercise
- Relax your mind and body by stretching, reading or trying a hobby
- Practice deep breathing (breathe in, hold your breath for 2-3 seconds and exhale; do this several times a day)
- Talk to a family member, friend or counselor
- Simplify your schedule

Maintaining a positive outlook

Managing diabetes isn't always easy, but having a positive attitude may help. Start by identifying the positive things you can say to yourself when you're feeling stressed—then practice replacing negative thoughts with positive ones.

Exercising, practicing relaxation techniques and getting counseling can help reduce stress and improve blood sugar control.



Use this worksheet to help turn negative thoughts into positive ones.

1. The hardest part about living with diabetes is: _____

2. The negative things I say to myself are:

3. The positive things I want to say to myself are: _____

Complete this section after reviewing your worksheet (left) daily for 2–3 weeks.

4. My success at thinking more positively has been (check one):
 Excellent Good Fair Poor
5. The benefits I've seen are: _____

If negative thoughts continue to overwhelm you, talk with your doctor about a stress-management plan.

Replace negative thoughts with positive ones—try reciting a poem or favorite quote when you feel stressed.



ACCU-CHEK® Healthy Habits
OF LIVING WITH DIABETES

Healthy Eating

Being Active

Monitoring

Taking Medication

Problem Solving

Healthy Coping

Reducing Risks

Healthy coping

Adjusting how you react to physical, emotional and mental stress is essential to maintaining the Healthy Habits of Living with Diabetes. Roche, the maker of ACCU-CHEK® products, offers a variety of options to help you manage your diabetes—so you can go beyond living life to loving life.

Call the ACCU-CHEK Customer Care Service Center at 1-800-858-8072 or visit the award-winning **accu-chek.com** for additional tools and resources.



¹ American Diabetes Association. “Stress.” Available at: <http://www.diabetes.org/type-1-diabetes/stress.jsp> (accessed June 28, 2007).



ACCU-CHEK, ACCU-CHEK ACTIVE, ACCU-CHEK AVIVA, ACCU-CHEK COMPACT, SOFTCLIX, THE ONE WITH THE DRUM and LIVE LIFE THE WAY YOU WANT are trademarks of Roche.
© 2008 Roche. All rights reserved. 374-37106-0408

ACCU-CHEK®

Live life. The way you want.