

Coping Tips for Diabetes

Taking care of yourself while handling diabetes can be hard. When we feel overwhelmed, sad, angry, or upset, it can be harder to keep up with the demands of handling diabetes. Diabetes-linked stress can set back your self-care and stop you from reaching your health goals.

If you're feeling overwhelmed, sad, angry, or upset, there is hope. There are many things we can do to handle stress and cope or deal with diabetes.

Healthy coping means having a good state of mind toward your diabetes or prediabetes management and good relationships with others.

Healthy Coping Habits include:

- Being physically active
- Meditating
- Finding a hobby
- Joining a support group
- Practicing gratitude
- Journaling
- Deep breathing
- Doing Yoga
- Being in nature
- Drinking water
- Calling a loved one
- Taking a bubble bath



Pick healthy coping habits that connect with you and/or bring you pleasure. Make a list of your favorite healthy coping habits here:

Remember, you are not alone! If you feel like your healthy habits aren't enough, talk to your provider. They can help you get the support you need.