

Managing stress can help you prevent or delay type 2 diabetes



Tips:

- ✦ Know what situations make you stressed
- ✦ Plan how to cope with situations that make you stressed
- ✦ Learn to say "no" to things that are unwanted or unneeded



Link between stress and type 2 diabetes:

Feeling stressed can:

- 1) Change your body chemistry in a way that makes you more likely to get diabetes
- 2) Cause you to act in unhealthy ways

Ways to reduce stress:

- Ask for help
- Get enough sleep
- Make a to-do list
- Use reminders
- Take care of your body and mind
- Keep your things in order



Healthy ways to cope with stress:

- Listen to calming music
- Take a breather
- Talk about your feelings
- Do something fun
- Get Active

Causes of stress include:

- Money problems
- Not enough time
- Too many duties
- Conflict with others
- Health problems

