

# MANAGING STRESS AND TRACKING MOOD

We should all try to avoid stress in our lives, but it's particularly important when you have type 2 diabetes. Stress can cause your symptoms to worsen and negatively affect your mood, heightening your anxiety level and possibly leading to depression.

Tracking your stress triggers and moods every day is one way to take control and make positive changes. You can do so in a journal or by using a mobile app or a text message-based system (such as HealthCentral's Mood 24/7). Or maybe you're more inclined to blog as a way of reflecting on your physical and emotional states.

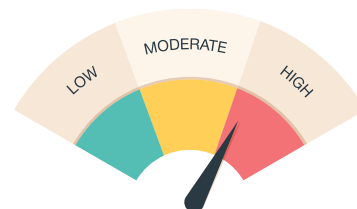
Tracking your mood and making lifestyle changes based on patterns you find can help you adopt effective stress-reduction strategies. If you like, you can also share this information with your doctor.

## STRESS RELIEVERS AND MOOD BOOSTERS

**Not all mood-boosting or stress-relief strategies are helpful for everyone. But some of the tips below could help improve your day-to-day quality of life. Give them a try, and record your progress.**

- **Express your feelings**, as opposed to suppressing them.
- **Prioritize positivity** in your daily life.
- **Avoid self-blame.**
- **Don't sugarcoat it.** When you're not feeling upbeat, don't pretend to be.
- **Discuss your condition when you want to.** It's your choice when and where to discuss your diabetes symptoms.
- **Reassert control** over the elements of your life you're able to, such as your outlook.
- **Do, watch, or listen to** something that will make you laugh.
- **Seek out hobbies, activities, or new experiences** tailored to your fitness level. You might:
  - Try yoga or tai chi.
  - Start walking, swimming, dancing, or doing other types of exercise after consulting your doctor.
  - Try acupuncture.
  - Meditate or pray.
  - Spend time with a friend.
  - Play with a pet.
  - Try aromatherapy.
  - Join a book or movie group.
  - Listen to podcasts.
  - Do art projects.

## EFFECTS OF STRESS



**With type 2 diabetes, if you're subjected to extra stress, you may experience:**

- Elevated blood sugar
- Denial or guilt associated with your condition
- Changes in blood glucose control
- Anxiety
- Diabetes burnout (feelings of frustration, apathy, or submission to your diabetes)
- Depression

*If you do experience symptoms of depression including, but not limited to, feelings of hopelessness, being overwhelmed, a desire to push others away, or an obsessive fixation on small details, seek help.*

*For support, try speaking to your doctor or seeking out diabetes support groups.*

Sources: diabetes.co.uk, diabetesjournals.org, diabetes.org, heart.org

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