



Bringing It All Together

Ways to Stay Motivated

Adapted for Upstate Medical University by:
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Your new plan for diabetes care

- ◆ Feeling motivated? Checking your CHECK points:
 - Confidence
 - Hope
 - Empowerment
 - Clarity
 - Knowledge



Your Actions are Key

◆ Consider

- Your hopes
- Your concerns



Who Succeeds?

A person who:

- ◆ Has a clear and realistic plan
- ◆ Is prepared for obstacles
- ◆ Has a strategy for getting support
- ◆ Knows exactly what the first steps will be



Who loses their way?

A person who:

- ◆ Has goals that are too vague or rigid
- ◆ Attempts too large of a lifestyle change
- ◆ May be a perfectionist
- ◆ Thinks that there will be no obstacles
- ◆ Is not concerned about obtaining support



Developing a clear and realistic plan

- ◆ Completing a plan of care in these categories (QuickPlans):
 - **Monitoring**
 - **Meal Planning**
 - **Making time for exercise**



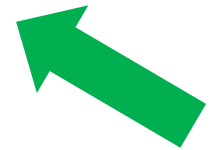
True or False

An action plan for diabetes is only helpful for some people...



Completing the QuickPlans

- ◆ One self-care behavior at a time
- ◆ Important for everyone with diabetes
- ◆ A one month goal
- ◆ Consider your obstacles
- ◆ An immediate action plan to:
 - overcome obstacles
 - begin new behavior





True or False

You must do everything perfectly with diabetes to succeed...



Important principles for completing the QuickPlans

- ◆ Realistic. Begin with small, achievable targets for change. No such thing as perfection!
- ◆ Action-oriented. Focus on new actions to begin, not old actions to stop.
- ◆ Concrete. Know the exact actions which you will take.



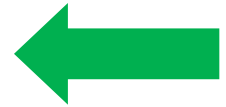


A Contract for Self-Care

- ◆ Your action plan for diabetes success
- ◆ Expect the occasional problems
(ongoing problem solving is necessary)
- ◆ Stay in touch!

Are Diabetes and Depression Linked?

Yes



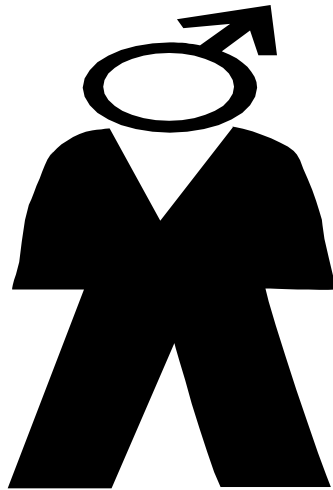
Studies indicate that people with diabetes may be four times as likely to become depressed as people without diabetes.

Why?

The frustration and unpredictability of blood glucose control could lead to feeling helpless despite one's best efforts.

The Facts About Depression

Percent of people who will experience depression in their lifetimes:



Men
10%

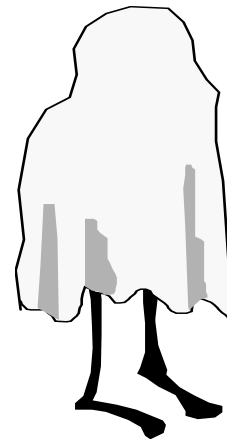


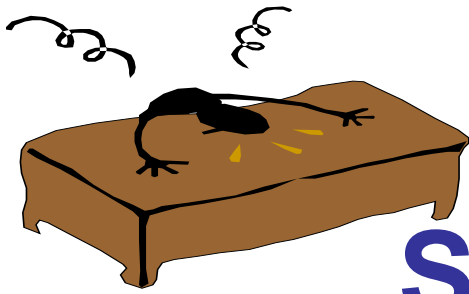
Women
20%



Symptoms of Depression

- You no longer enjoy things like you once did
- You can't fall asleep or you wake up and can't go back to sleep
- You feel tired during the day
- You no longer enjoy food
- You find yourself eating more or less than usual





Symptoms of Depression

- You have gained or lost weight without trying
- You have a hard time concentrating
- You find it hard to sit still
- You cannot make even simple decisions
- You feel guilty or bad about yourself



Symptoms of Depression

- You feel people would be better off without you
- You think about suicide or about ways to hurt yourself

If any of these symptom apply or if you have been feeling sad or hopeless for more than a few weeks, seek help from your doctor

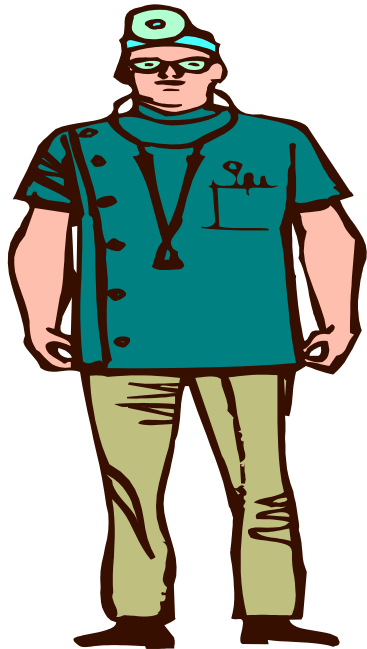


Getting Your Health and Life Back on Track

1. See your primary doctor first

- Rule out physical causes of depression-like symptoms

#1- Poor blood glucose control



- Drinking too much alcohol
- Side-effects of medication
- Thyroid disorder
- Electrolyte imbalance
- Anemia (iron, folate, and vitamin B₁₂ deficiencies)

Getting Your Health and Life Back on Track

2. Lift Your Spirits

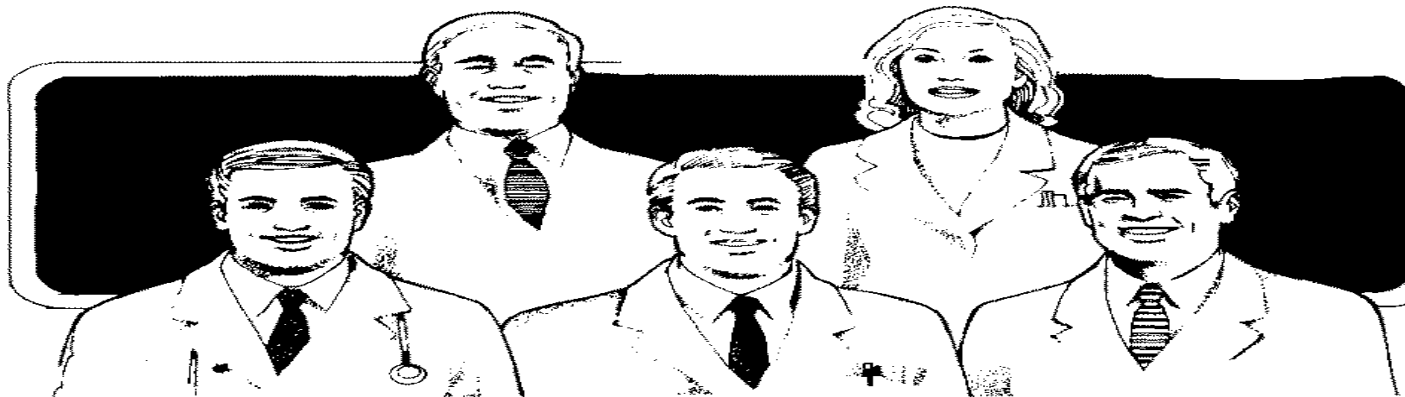
- Join a support group
- Exercise
- Talk to family or friend(s)
- Keep a journal of the good things that happen each day
- Plan to do something you enjoy every day
- Volunteer/help others



Getting Your Health and Life Back on Track

3. See a Specialist for Help

- Psychologist
- Psychiatric nurse
- Social worker
- Certified or licensed professional counselor



Getting Your Health and Life Back on Track

4. Antidepressants

- Use alone
- Use along with therapy
- Combats chemical imbalances
- Restores normal brain chemistry



Some antidepressants may interfere with other medications

Top 10 Daily Hassles

A survey of middle-aged adults revealed the top ten daily hassles:

1. Concerns about weight
2. Health of a family member
3. Rising prices
4. Home maintenance
5. Too many things to do
6. Misplacing or losing things
7. Yard work or outside home maintenance
8. Property, investments, or taxes
9. Crime
10. Physical appearance



Signs Of Stress



Physical Signs

- Back pain
- Chest pain
- Cold hands
- Constipation
- Diarrhea
- Headaches
- Indigestion
- Muscle tension
- Racing heart
- Shortness of breath
- **Changes in blood glucose**

If these symptoms are sudden or severe, or if they persist, contact your doctor.

Signs Of Stress



Psychological Signs

- Anxiety
- Trouble thinking clearly
- Forgetfulness
- Frustration
- Trouble making decisions
- Sleeping poorly
- Short temper
- Nervousness

Some of these signs are similar to signs of hypoglycemia. If you experience these symptoms, check your blood glucose and see if it is low.

Coping Strategies

Problem-Focused Coping

- Going to the source of a problem to fix it



Emotion-Focused Coping

- Learning to live with the stress by changing the way you respond to it

Stress Management

- **Get Organized**
- **Set Goals**
- **Banish Bad Thoughts**
- **Keep a Journal**
- **Take Care of the Basics**



Stress Management

- **Take Care of Your Health**
- **Exercise**
- **Learn How to Relax**
- **Get Rid of or Avoid Stress**
- **Join a Support Group**
- **Have Fun!**



Take Action Against Stress

Progressive Muscle Relaxation



- A-** Sit in a comfortable chair, feet flat, hands resting on your legs, or rest on bed. Tense each muscle group for at least 7 seconds and rest about 20 seconds between contractions. Inhale as you tense, exhale as you relax. Begin at your feet and move toward your head.
- B-** Visualize a peaceful, calm place using all five senses.

Take Action Against Stress

Breathing Exercises




A-Sit or lie down and uncross your legs and arms. Take a deep breath. Then exhale as much air as you can.

B-Breathe in and out again, this time relaxing your muscles while breathing out. Keep breathing and relaxing for 5 to 20 minutes at a time. Do the breathing exercises at least once a day.

Eating Disorders & Diabetes Burnout



Diabetes and Eating Disorders

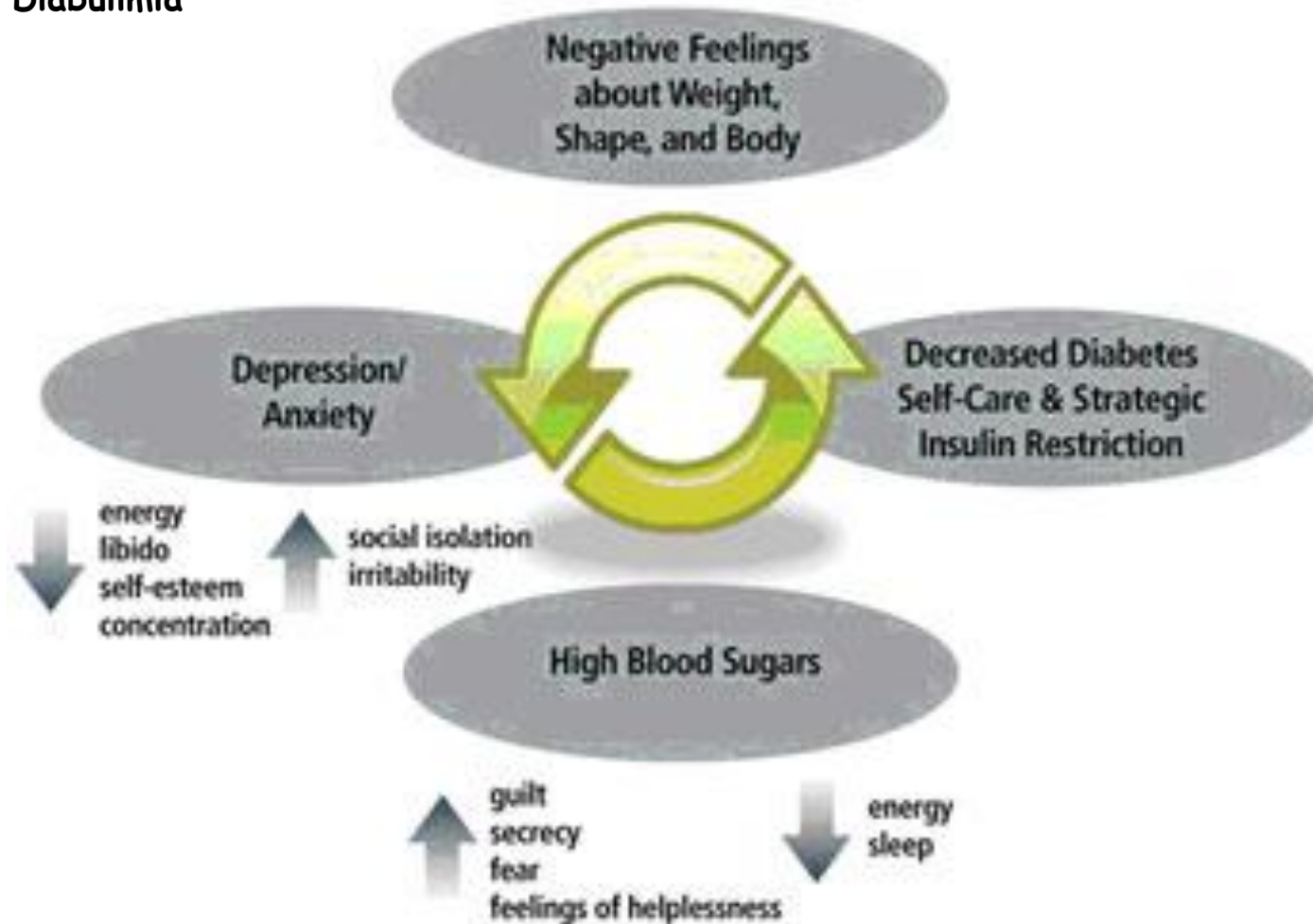
- People with diabetes are at increased risk for eating disorders, especially women. 
- Because the complications of diabetes and eating disorders there can be serious or even fatal results.
- Responsible, healthy behavior is essential. ADA, 2013

Types of Eating Disorders

- **Anorexia**- involves self-starvation and excessive weight loss
- **Bulimia**- recurrent binge eating (the rapid controlled consumption of large amounts of food). Purging may occur with self-induced vomiting.
- **Binge Eating**- periods of uncontrolled, impulsive, or continuous eating beyond the point of feeling comfortably full. ADA, 2013

Types of Eating Disorders

Diabulimia



Recognize Warning Signs

- **Unexplained changes in A1C values**
- **Extreme concerns about weight and body shape**
- **Change in eating patterns**
- **Unusual patterns of intense exercise (sometimes associated with frequent hypoglycemia)**

Medical Risks

- **higher A1C levels**
- **higher risk of developing infections**
- **more frequent episodes of DKA (type 1)**
- **more frequent hospital and emergency room visits**
- **higher rates and earlier onset of diabetes complications - nerve damage, eye disease, kidney disease and possible heart disease**

What Can Be Done?

- Know the signs
- Don't ignore it
- Seek medical help
- Treatments are available

Diabetes Burnout

- All of the effort required of people with diabetes can sometimes lead to “diabetes burnout”
- A state in which a person grows tired of managing their disease and then ignores it for a period of time, or worse, forever.
- Is not the same thing as depression, instead it is something that takes place when a person is either unwilling to change, or simply tired of the endless attention diabetes care requires.

There are strategies for alleviating the stress of managing your diabetes, and avoiding diabetes burnout.

- ✓ **Stay motivated, not "perfect"**
- ✓ **Identify barriers to good diabetes care**
- ✓ **Family, friends, and coworkers can help you stay motivated by offering support**
- ✓ **Keep your eyes on the prize. Tight glucose control is one of the main ways you can reduce the risks of diabetes complications.**
- ✓ **See your healthcare professional regularly**

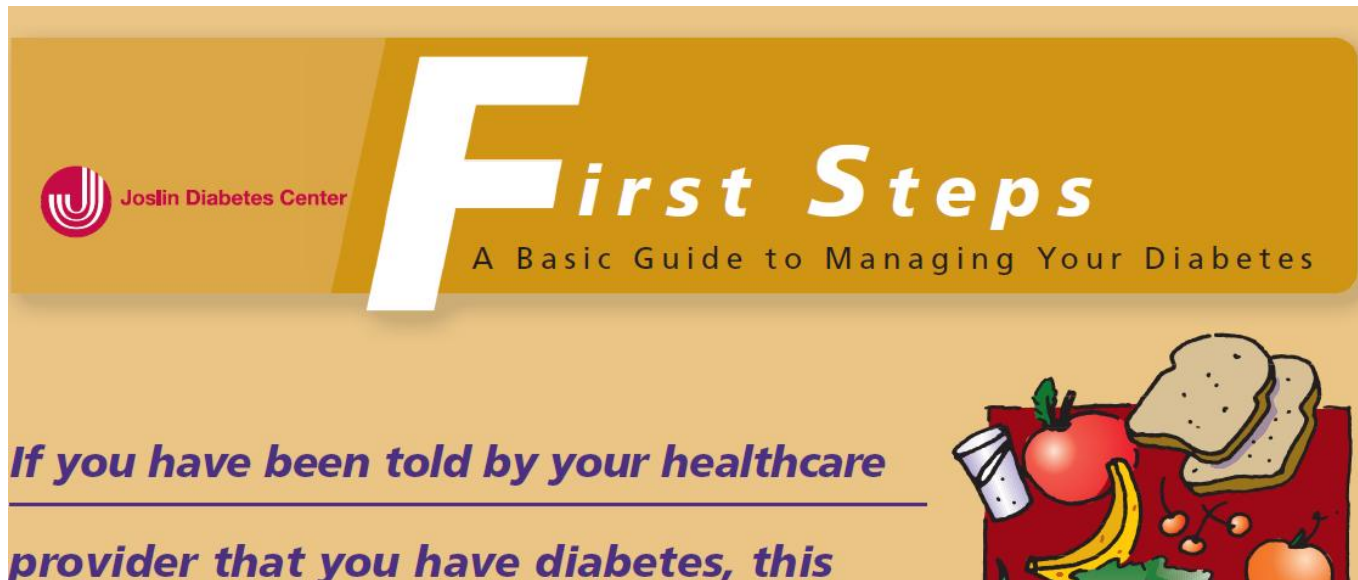
Go to the Patient Education link on the internal Upstate website




Select the Diabetes/Joslin Adult category



Check out all the great education materials!




 Joslin Diabetes Center

First Steps

A Basic Guide to Managing Your Diabetes

If you have been told by your healthcare provider that you have diabetes, this



An illustration of various healthy food items including a glass of water, an apple, a banana, a sandwich, and some berries, all arranged on a red surface.

Online Diabetes Resources to Learn More:

1. **National Diabetes Education Program** 1-888-693-NDEP (1-888-693-6337) www.YourDiabetesInfo.org
2. **Diabetes HealthSense**: An online library of resources for living well. www.YourDiabetesInfo.org/HealthSense
3. **Academy of Nutrition and Dietetics** 1-800-877-1600 www.eatright.org
4. **American Association of Diabetes Educators** 1-800-338-3633 www.diabeteseducator.org
5. **American Diabetes Association** 1-800-DIABETES (1-800-342-2383) www.diabetes.org
6. **American Heart Association** 1-800-AHA-USA1 (1-800-242-8721) www.americanheart.org
7. **Centers for Disease Control and Prevention** 1-800-CDC-INFO (1-800-232-4636) www.cdc.gov/diabetes
8. **Centers for Medicare & Medicaid Services** 1-800-MEDICARE (1-800-633-4227) www.medicare.gov
9. **JDRF** 1-800-533-CURE (1-800-533-2873) www.jdrf.org