





**DIABETES IS  
FOR THE REST OF YOUR  
LIFE”**

**IT AFFECTS ALL ASPECTS  
OF LIFE**



What  
Causes  
Stress



# CAUSES

- \*ANXIETY ABOUT CHANGES IN BLOODSUGER**
- \*FEAR OF BECOMING INSULIN DEPENDENT**
- \*FEELING UNSUPPORTED BY FAMILY/FRIENDS**
- \*HEALTH INSURANCE ISSUES**
- \*CHALLENGING PEER AND SOCIAL SITUATIONS**

# HEALTHY COPING SKILLS



## LEARNING IN SELF MANAGEMENT

- \*STRSS MANAGMENT
- \* COPING SKILLS
- \*COMUNICATION
- \* SOCIAL SUPPORT



# SKILL



## PROBLEM SOLVING SKILL



**\*PRODUCTIVE  
ENGAGEMENT**

\*

# SKILLS



**\*COMMUNICATION SKILL**

**\*RELATIONSHIP SKIL**

**\*ASSERTIVE SKILL**

**\*SOCIAL SKILL**



# STRESS MANAGEMENT



**\*RELAXATION**

**\*MEDITATION**

**\*YOGA**

**ETC**



Relax





# COGNITIVE SKILL



**\*REBT**

## **\*COMBATING STRESSFUL INTERPRETATION OF EVENT**

### Thinking: cognitive skills

- Paying attention
- Remembering
- Processing
- Analysing
- Judging and evaluating
- Reasoning
- Problem-solving
- Decision-making



### Cognitive skills approach



# PROGRAMMATIC APPROACH



- \*DIABETES EDUCATION AND SELF MANAGEMENT CLASSES**
- \*OPPORTUNITY TO DISCUSS NEGATIVE EMOTIONS TO IMPROVE HEALTHY COPING**
- \*SUPPORT GROUP**
- \*REFERRAL CARE-PSYCHOTHERAPY**



**THANK YOU**