

Family

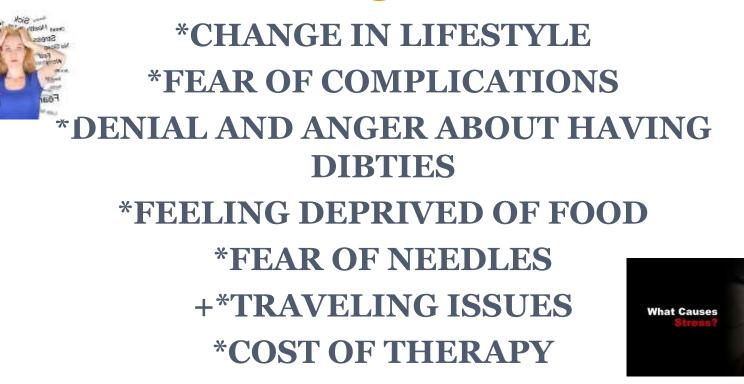
Worn

STRESS MANAGEMENT



IT AFFECTS ALL ASPECTS OF LIFE

CAUSES OF STRESS





CAUSES

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

HEALTHY COPING SKILLS



ANING IN SELF MANAGMENT •*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







COGNATIVE SKILL

*COMBATING STRESSFUL INTERPRETATION OF EVENT

***REBT**

Thinking: cognitive skills

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



Cognitive skills approach





PROGRAMMATIC APPROCH

*DIBETIES EDUCATIONAND SELF MANAGMENT CLASSES *OPPORTUNITY TO DISSCUSS NEGATIVE EMOTIONS TO IMPROVE HEALTHY COPING *SUPPORT GROUP *REFERAL CARE-PSYCHOTHERAPY

THANK YOU