

NOW WHAT about my feelings?

Being diagnosed with Type 2 diabetes may be a complete surprise. Some individuals blame themselves, are overwhelmed by new information, or feel down about having diabetes. They wonder what to do with their feelings. Fortunately, there are many tips and resources to help.

FACTS FIRST Self-care, positive self-talk, and speaking with others is good for the mind and body.

It is normal to feel blue or anxious

Be kind to yourself and focus on the future

Speak with family and friends; seek professional help if needed

ACT ON THE FACTS

It is normal to feel blue or anxious at first.

WHAT TO DO? Take a little time to adjust to having diabetes, get educated and pick a do-able self-care plan.

Be kind to yourself and focus on the future.

WHAT TO DO? Journal about existing feelings and future plans. Focus on the next steps and talk kindly to yourself. Cheer each and every little victory – not giving into cravings and getting more active counts!

Speak with family and friends; seek professional help if needed.

WHAT TO DO? Share a self-care plan with family and friends, and ask how they can help. Join a diabetes support group and, if needed, seek professional help.



Who would be an ideal person to support you? What specific request can you make of them?



What is one victory you have accomplished so far?

YOU'RE NOT ALONE!



For more information on how to manage your diabetes, visit:

EPDIABETES.ORG/NOW-WHAT/