

Asking for support

- Trying to deal with diabetes on your own often reduces the success of regimes and can have a negative impact on well-being.
- Asking for help can be difficult but is an essential part of managing this complex condition.
- This could be from your GP, diabetes nurse specialist, friends, family members or advice from First Steps.

Relaxation

- Relaxation can be very helpful for people with diabetes.
- It is important to find a technique that works for you for example physical activity, listening to music, breathing exercises, gardening or reading.

Get active

- Incorporating physical activity is not only beneficial to your physical health but also reduces symptoms of stress and improves low mood.

“ **My therapist has helped me to think a much better way about my diabetes and how to accept it. It has really helped me with the way I think about worries ... I would highly suggest it to anyone who has not fully accepted an illness such as Diabetes.** ”

DHC Talking Therapies client

Contact DHC Talking Therapies for more information on these, and many more, self-help strategies:

dhctalkingtherapies.co.uk
or **01483 906 392**

DHC Talking Therapies

We offer a range of therapies for people living with Diabetes.

Living Well with Diabetes Group

A six week group based on Cognitive Behavioural Therapy (CBT) is a great opportunity to learn to manage the emotional impacts whilst meeting others in a similar situation to you.

Headspace from Diabetes

SilverCloud is an innovative online behavioral health and wellness e-therapy delivery platform. The platform provides different programs that can be tailored to suit individual's needs. SilverCloud is accessible via a PC, laptop, tablet or mobile device. Clients can work through the interactive programs at a time to suit you. You will be supported throughout the course by one of our clinicians.

1:1 Therapy

This could be

- Cognitive Behavioural Therapy (CBT)
- Counselling
- Guided self help

All available as either 1:1, telephone or Skype.

Useful contacts

Diabetes UK

Local support groups and advice
www.diabetes.org.uk

Diabetes support

Online community to share knowledge and experience with other people with diabetes
www.diabetessupport.co.uk



Emotional Health and Diabetes

Talk to us today
01483 906 392

Or visit
dhctalkingtherapies.co.uk



You can also search Every Mind Matters to find a free NHS-approved tool to help look after your mental health



Common concerns from people living with diabetes

Worries about the future

Feeling scared/angry

The burden of a '24/7' everyday self-care regime

Feelings of guilt and anxiety

Resentment of pain and the inconvenience of injecting and monitoring of blood glucose

Feeling deprived of food and constantly concerned about food

Diabetes and emotional health

- Depression is at least twice as common in people with diabetes.
- Anxiety and eating disorders can also become a problem.
- Stress affects sugar levels as well as the impact on diet and adherence to recommendations.
- There is a strong link between emotional health and general good health. Improving one will improve the other.

Whilst these feelings are common there is a lot that people can do to improve the way they are feeling.

**Contact us for more information.
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Common symptoms of low mood and anxiety

- Loss of interest in pleasurable activities or lack of energy
- Trouble thinking clearly
- Seeing only the negative
- Feeling unable to cope or feeling guilty about not coping
- Feeling lonely and isolated
- Change in appetite and or sleep
- Unusually irritable or tearful

Some common myths

'I have no control'

Feeling out of control can create many emotions including anger, anxiety and fear. Whilst you can not change the fact that you have diabetes, there are many elements that you can control for example your reaction, lifestyle and the choices you make. This is really important for both your physical and emotional health.

'If I ignore it, it will go away'

Sadly, this is not the case. Ignoring it can have a serious impact on your health. Think about your diabetes as a smoldering fire. You might not notice anything straight away, but if action is not taken, the damage may become irreversible.

Tips for improving well-being

Breaking barriers to reduced activity

- Sometimes we can stop looking after ourselves particularly if we are feeling low.
- We may say to ourselves that we will do the things we enjoy once we feel better. However it's not until we start to do these things that we enjoy that we actually do feel better!

What is stopping you?

- Are you thinking too negatively?
- Are you being realistic with your goal setting?
- Could you break goals down into more manageable steps?

Challenging negative thoughts

- Negative thoughts are common especially when a person is feeling low in their mood or anxious.
- Unhelpful thoughts pop into our minds so quickly that it is often difficult to spot them.
- Identifying and challenging these thoughts is important to our well-being.

Emotional eating

- For some people food can be used as a means of comfort or as an attempt to cope.
- For someone with diabetes this can have a harmful impact on their health. It can be helpful to use a diary to help to identify any patterns