

Help shake off stress

Everyone experiences stress. People with diabetes are no exception. In fact diabetes itself can be a source of much stress. Stress can increase blood sugars so it is important to reduce stress in your life.

What can I do to reduce stress in my life?

Acknowledge, quantify - The first step toward relieving your stress is recognizing what is causing your problems. You must notice that you are feeling stressed or anxious, name the exact situation that is making you feel that way.

Distract yourself - One way to effectively relieve stress is to distract yourself is by engaging in an enjoyable activity.

- Read a book
- Keep a journal
- Watch a movie.
- Take a walk
- Do a crossword puzzle
- Do something that you know in the past has been relaxing to give your body a break from stress.

Exercise - Exercise is also a known stress-reliever. Any form of physical activity can help release stress - running, walking or an activity that allows you to also work out frustration, such as boxing.

Physically relax - just sitting under the shade of a tree in the park, looking at a pretty view or doing yoga help you relax. Try a six-second relaxation exercise. Every once in a while, stop what you're doing and get in a more comfortable position. Then, empty your mind completely and become conscious of your body. Will each body part to relax, and feel it do so. With practice, you'll start feeling a tingling sensation in your hands and feet, Do that repeatedly and regularly throughout the day

Talk about it - Talking about your problems can also relieve stress. Tell your family what you're worried about, express your concerns to a friend, confide in a counselor at church or see a professional therapist.

Sleep - And finally, be sure you're getting enough sleep.