

Stress Relief for Better Diabetes Control

Managing diabetes can be a challenging journey, and one crucial yet often overlooked factor is stress. When left unchecked, stress can lead to fluctuating blood sugar levels and make diabetes management even more challenging. By incorporating effective stress reduction techniques, you can enhance your overall well-being and achieve greater control over your condition.



Signs of stress

- Headaches
- Changes in appetite
- Low mood or depression
- Irritability, frustration, anger
- Worries and anxious thoughts
- Sleeping too much or too little
- Stomach discomfort (e.g nausea, constipation, diarrhoea)
- Loss of memory, concentration, and difficulties completing tasks

4 Tips to Manage Stress

Revive Your Mind

- Engage in mindfulness
- Practise relaxation techniques such as deep breathing to help refocus
- Take periodic breaks for activities to clear your mind and boost your mood



Recharge Your Body

- Ensure adequate sleep to help your body recover
- Incorporate regular exercise to alleviate muscle tension



Rework Your Schedule

Organise your time to incorporate essential aspects of diabetes management, including monitoring blood glucose, taking medication, exercising, and maintaining a balanced diet.



Reach Out

- Join a support group
- Connect with loved ones, friends, or professionals to gain additional perspectives and support

