



7 SELF CARE BEHAVIORS FOR MANAGING DIABETES:

1. Healthy Eating
2. Being Active
3. Monitoring
4. Taking Medication
5. Problem solving
6. Reducing Risk
7. **Healthy Coping**

**In this issue we will
focus on Healthy Coping.**

The journey of managing a chronic illness often follows a bumpy road with unexpected twists and turns. Successfully taking charge of any chronic condition requires good medical care, access to resources, and social support. Often, however, it's a person's own ability to cope with the daily, nitty-gritty realities of his or her condition that is the essential ingredient for overall wellness.

It is never too late to start addressing the emotional burdens of diabetes, particularly since diabetes tends to present new challenges, causing new emotional reactions, over time.

From diabetesselfmanagement.com

Continue reading for tips on healthy coping and a list of upcoming classes and events in the region.



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Coping strategies are not one-size fits all. Some may find that talking to a mental-health counselor helps while others find relief in meditation or yoga. If you are feeling overwhelmed, stressed or depressed consider trying one of the following strategies:

- Seek professional help. Make an appointment with a mental-health counselor.
- Talk to your doctor about anti-depressant or anti-anxiety medications.
- Meditate. There are several guided meditations and how-to resources available online. You can also check out the app HeadSpace on your smart phone.
- Exercise is a great stress reliever and natural antidepressant. Take a walk or try yoga.
- Aromatherapy can help with relaxation.
- Find a support group. There are a lot of people dealing with the stress of managing their diabetes and sometimes it just helps to talk with others who understand what you are going through.

Upcoming Classes

Traditional Yoga and Chair Yoga
Charlevoix Wellness Workshop
Call 231-437-3482 for a class schedule

Music & Meditation - Cowell Family Cancer Center, Traverse City
Mon/Tues/Wed/Fri 12:00-12:50pm
Call for more information 231-392-8400

Free yoga class - Kalkaska Memorial Health Center, Cardiac Rehab Gym
Tuesdays 4:30pm, Call for more information 231-258-7525

Diabetes Support Group - Grayling Hospital, Milltown Room
July 30th & August 27th, 4:30pm
Call for more information 989-344-4826

Mindfulness-Based Stress Reduction - Foster Family Community Health Center ,Traverse City
Wednesday September 18th, 1:30pm
Registration required 231-935-9265