

Stress Management for Diabetes

When you have diabetes **stress** can significantly affect your ability to control the disease. If you are under stress you may skip meals or forget to take your medicine which will affect your blood glucose level.

What is stress?

Stress is a complex, dynamic process of interaction between a person and his or her life. It is the way we react physically, mentally and emotionally to the various conditions, changes and demands of life.

Stress can be

Acute (immediate) which can be a one time incident that usually comes and goes quickly. Its effect on us can last from minutes or hours to days or weeks.

Chronic (long term) which can be caused by a continuing string of stressful incidences or ongoing situations e.g. diabetes

Stress results from the tension and anxiety.

What does it do to me?

People react differently to stress. How you react depends on your coping strategies, previous experience.

Although you cannot completely remove stress from your life there are several ways of reducing it, and by learning to cope better with stress you can help keep your diabetes under control.

Try to have a positive attitude

When things seem to be going wrong it is always easier to see the bad instead of the good. Find something good in each important area of your life; work, family, friends, and health. Thinking about the good helps to get through the bad times.

Be nice to yourself

What are your talents, abilities and goals? Are you expecting too much of yourself?

Accept what you cannot change

For those stressful situations or problems that cannot be changed develop a simple plan of action. Ask yourself

Do I have control over this situation?
Can I change my situation?
Will this be important two years from now?

Talk to someone

Don't keep things bottled up. If you don't or can't talk to family and friends there are counsellors and clergy trained to provide support and insight. Ask your health professional for recommendations.

Exercise

The benefits of regular exercise in reducing stress are well known. It gives a feeling of well being and helps to relieve symptoms of stress.

Take time to relax

Learn how to relax. There are many ways to relax it is important to find a way that suits you.

Grief Loss and Sorrow

It is not uncommon to experience a sense of loss or grief following a diagnosis of Diabetes. It is an emotion generally associated with death but it can also be due to loss of independence, loss of good health, loss of former lifestyle etc. Grief can involve different stages such as denial, anger, depression and finally acceptance. It is often characterised by an uneasiness of mind, feelings of sadness and despair. This is a normal response to changes in your life that have taken place but if these feelings continue for long periods you should speak to your health professional about this.

Depression

Some features of depression include:

- Sleep disturbance
- Changes in appetite and weight
- Loss of interest and motivation
- Feeling sad crying easily
- Loss of energy and becoming easily fatigued
- Loss of sexual interest
- Feelings of helplessness
- Feelings that life is not worth living
- Physical aches and pains, especially headache or abdominal pain

當你患有糖尿病，壓力會顯著的影響你對病情的控制能力。如果你在壓力之下可能會忘記吃飯或用藥，那將會影響你的血糖水平。

什麼是壓力？

壓力是個人與他人的生活之間的一種複雜和互動的過程。它是我們對身邊的不同環境、變化和對生活的要求的心理和生理上的反應。

壓力可以是

急性的（即刻的），它可能是一次性的情況，通常會來去匆匆。它對我們的影響可能是幾分鐘或數小時至幾天或幾週。

慢性的（長期的），它可能是由一連串的壓力或處於持續的情況，如糖尿病引起的。

壓力來自於緊張和憂慮。

它會對我們產生什麼影響？

不同的人對壓力產生不同的反應。你的反應取決於你處理的策略和以前的經驗。

雖然你不能完全去除你生活中的壓力，但可以使用不同的方法來減輕它，學習如何更有效地面對壓力可以幫助你控制血糖。

採取積極的態度

當一些不如意的事情發生時，我們往往容易看到負面而不是正面。嘗試尋找你生活中一些重要而積極的因素，如工作、家庭、朋友和健康。總是想到積極的方面可以幫助你渡過困難時期。

對自己好一點

什麼是你的天賦才能和目標？你是否對自己要求過高？

接受你不能改變的事實

對那些造成壓力而又無法改變的情況和問題，要發掘一個簡單的計劃。這要問你自己：

- 我可以控制這個形勢嗎？
- 我可以改變我的情況嗎？
- 這情況從現在起兩年內會很重要嗎？

找人傾訴

不要把事情封閉起來。如果你不能向家人和朋友訴說，一些受過訓練的顧問和牧師可以為你提供支援和了解你的情況。向你的醫療專業人員尋求建議。

運動

有規律的運動對減低壓力的好處是眾所周知的。它能使你感覺良好以及幫助你減輕壓力的癥狀。

安排時間輕鬆一下

學習如何鬆弛。鬆弛的方法有很多，重要的是找一個適合你的方法。

為疾病感到憂傷

當被診斷患有糖尿病後而感到憂傷或若有所失是十分常見的。這種感覺通常是由於聯想到死亡，但是也可能因為感到失去獨立能力、失去健康、失去以前的生活方式等等。憂傷包括不同的階段，如：否認、憤怒、沮喪以及最後接受事實。它的特點是情緒不安、感到悲傷和失望。這反應是很正常的，但是如果這些感覺持續很久，你必須告訴你的醫療專業人員。

抑鬱

抑鬱的特性包括：

- 失眠
- 影響胃口和體重
- 失去興趣和動力
- 感到悲傷和容易哭
- 失去精力和容易感到疲勞
- 失去性慾
- 感到無助
- 感到沒有生存價值
- 全身酸痛，尤其是頭痛或腹痛