



# Diabetes Care Sheet

## Stress and Diabetes

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#### What is Stress?

Physical, mental, or spiritual tensions that can make you feel out of balance. If you are living with diabetes it is important to understand stress and how to cope in order to manage your diabetes.

#### Symptoms of Stress

- Blood pressure & pulse rate increase
- Blood sugar elevates
- Blood vessels in the hands and feet constrict
- Pupils dilate
- Insomnia or sleep irritation
- Nervousness & depression
- Pounding, rapid heartbeat
- Dry mouth
- Rapid, shallow breathing
- Inability to relax or calm down



#### Stress Reducing Techniques

- Good diabetes control
- Walking
- Eating well
- Plenty of rest & sleep
- Meditation or yoga
- Talking about your feelings
- Helping others
- Doing enjoyable activities
- Learning to say no to things you do not enjoy
- Taking time out for you



*"...everything on the earth has a purpose, every disease an herb to cure it, and every person a mission. This is the Indian theory of existence."*

#### **-Mourning Dove**

\*Information Provided by Southern Ontario Aboriginal Diabetes Initiative (SOADI)

