

The background of the slide is a soft-focus photograph of a calm body of water, likely a lake or river, during the "blue hour" of dawn or dusk. The sky is a gradient of warm colors, from a pale yellow near the horizon to a deep, muted purple at the top. In the distance, silhouetted mountains rise above a layer of mist or fog that clings to the water's surface. In the lower right foreground, the dark, curved hull of a wooden canoe is visible, its interior showing some texture and a small, light-colored object. The overall mood is peaceful and contemplative.

MENTAL HEALTH & DIABETES

(developed by Dean Robinson, 4th yr Nursing, University of Manitoba)

Who we are

NADA is a not-for-profit members-led organization established in 1995 as a result of the rising rates of diabetes among First Nations, Inuit and Métis Peoples in Canada

The National Aboriginal Diabetes Association envisions Diabetes-free healthy communities



Our Vision

- 2016 NADA BoD Strategic Planning Session -

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To achieve this vision the National Aboriginal Diabetes Association will be an open, independent, grassroots prominent organization that is the driving force in:

- Raising awareness about diabetes and First Nations, Inuit and Métis Peoples in Canada
- Advocating for programs and services for First Nations, Inuit and Métis Peoples affected by diabetes
- Promoting healthy lifestyles to prevent the onset or complications of diabetes for First Nations, Inuit and Métis Peoples

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Mental Health

Traditionally, mental health and well being is the balance of the body, mind, emotions and spirit which is maintained through good relationships with oneself, with others, within the community and Creation

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So you found out you have Diabetes...

- You might be feeling pretty overwhelmed
- Receiving your diagnosis can be quite a shock and it's something you can't be prepared for
- You might be feeling a mix of emotions at this time

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Diabetes and Mood

- After the initial shock of diagnosis, adjusting to life managing diabetes can be quite a challenge
- Diabetes is a tough illness to manage physically and emotionally! It takes a lot of planning which can take some time to adjust to.
- Often people feel like they can manage all on their own. Managing all on one's own can be very isolating and affect mood.



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Common Feelings After Diagnosis

You might feel a wide range of emotions such as:

- Shock and denial
- Fear and anxiety
- Anger
- Grief
- Depression
- Acceptance



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Diabetes Distress

- It can be difficult to determine if someone has diabetes distress because it overlaps with anxiety, depression, and stress.
 - Symptoms: personal distress, fatigue, frustration, anger, burnout, and feelings of poor mood and depression



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Diabetes Distress

- Someone with diabetes distress may wonder if anyone understands how tough it is to have diabetes and think, "I'm tired of being sick all the time."
- These feelings are not rare



Diabetes Distress

- Diabetes Distress can be experienced by people with diabetes and can be related to the stress of managing the disease
- It can cause feelings of worry, frustration, concern and burnout
- People experiencing Diabetes Distress were more likely to develop high blood sugar levels than those with less distress.
- Common thoughts present for people with Diabetes Distress
 - *“I’m tired of being sick all the time”*
 - *“Nothing I do works”*
 - *“I’m taking these pills, but they aren’t doing anything for me”*



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Diabetes Distress

- Dealing with Diabetes distress
 - Does not necessarily require medical attention
 - Because a diagnosis of diabetes brings with it several lifestyle changes it can be quite stressful. Taking things one step at a time can do a lot to lower ones level of anxiety and help to prevent or diminish diabetes distress.
 - Remember that change will take time and will it is unlikely to happen overnight.
 - Set small manageable goals

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Diabetes Distress

- Strategies for coping with Diabetes Distress
 - Accept that you can't control everything.
 - Look for support from those who can relate. If you know someone with diabetes they may have some good insight and tips in how to manage the disease.
 - Talk with your health care provider.
 - At the end of this presentation there are some resources you can use.

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Depression



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Diabetes & Depression

- Depression is more common in people with diabetes, according to Diabetes Canada 30% of people with diabetes experience depression and of those 10% will have a major depressive disorder

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Diabetes & Depression

- Symptoms of depression:
 - Feelings of sadness, emptiness, or hopelessness.
 - Angry outbursts, irritability, even over small matters.
 - Loss of interest or pleasure in most or all normal activities such as sex, hobbies, or sports.
 - Sleep disturbances such as, insomnia or sleeping too much.
 - Lack of energy, tiredness, where even small tasks require extra effort.
 - Decreased appetite and weight loss or increased cravings for food and weight gain.
 - Anxiety, agitation, or restlessness.
 - Feelings of worthlessness, guilt, or fixating on past failures.
 - Difficulty with concentrating, decision making, or memory.
 - Recurrent thoughts of death, suicidal thoughts, or suicide attempts.
 - Unexplained aches and pains, such as headaches or back pain.

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Depression

- If any of these symptoms, or any combination, of them last for the majority of the day, nearly everyday, it may be time to seek out help.



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Who to talk to about Depression

- When feeling overwhelmed by emotions seek outside help from an Elder, counsellor, spiritual healer, traditional healer, or from a nurse, nurse practitioner, or doctor.



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Depression

- A depressed mood leads to poorer physical and mental functioning and can make it more difficult to manage diabetes.
- There are many resources to help you if you believe you may be struggling with depression.



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Diabetes & Isolation

- For some of us connecting with other people can be a challenge. This can make it difficult to get in the physical activity, and other activities, required to manage diabetes.



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Diabetes & Isolation

- Research looks at the effects of having smaller social network support and the degree of loneliness someone feels.



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Diabetes & Isolation

- Both men and women are affected by isolation. Those with smaller social circles and supports have an increased likelihood of type 2 diabetes.
 - The proximity of friends matters, especially having friends within walking distance. Having friends outside your family has also been shown to be very important.
 - At particular risk are men who live alone



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Diabetes & Isolation

- The take away message is that being physically active and being socially active keep you healthy and helps prevent type 2 diabetes



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What is Stress?

- Stress is the body's response to a real or possible threat. The response is often called the "fight or flight response"
- Today stressors are often things that last for longer periods of time
- Stress can come from the good and bad things that happen in life



How does Stress impact Diabetes?



- Stress can impact the blood sugar of diabetics in a few ways:
 - Stress can make it harder to stick to a meal plan, regularly check blood sugars, exercise, and take medications
 - Stress hormones may affect blood sugar directly by making it go up
 - Mental stress, or physical stress such as an injury can cause higher blood sugar

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Signs of stress

- May include:
 - Feelings of irritability sadness or guilt
 - Change in sleep patterns
 - Restlessness
 - Change in weight or appetite
 - Negative thinking
 - Difficulty in concentrating or making decisions
 - Loss of interest, enjoyment or energy in something you used to enjoy



Managing Stress

- Take a time out
 - Practice yoga
 - Listen to music
 - Meditate
 - Deep breathing
 - Count slowly to 10



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Managing Stress

- **Exercise daily**

- Go outside for a 30 min jog
- Enjoy nature
- Take the dog for a walk
- Put on some good music!



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Managing Stress

- Limit alcohol and caffeine
 - These things aggravate anxiety and stress
 - Try herbal teas or decaffeinated coffee



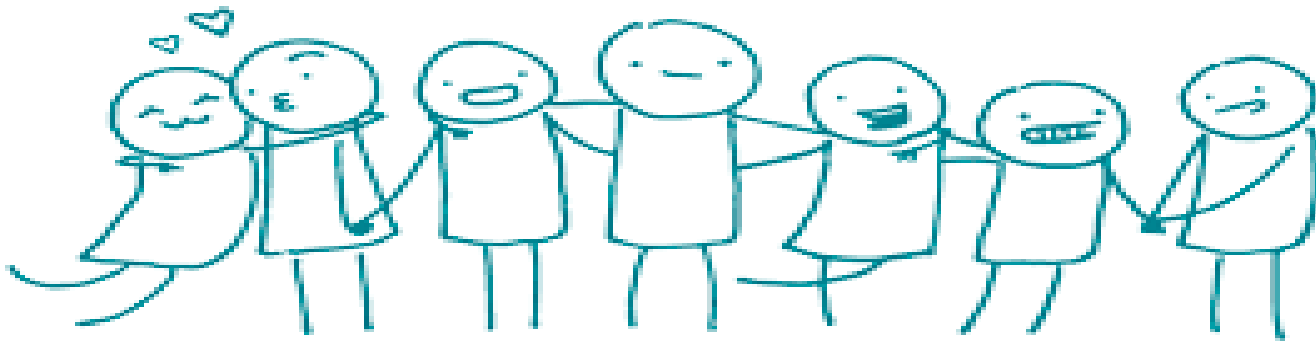
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Managing Stress

- **Social support**

- Social support means feeling loved and cared for and having a network of family, friends, neighbors, co-workers and community members that are there in times of need
- This is important for a feeling of well being and to help manage stress



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Community Resources

- **Aboriginal Organizations & Community supports**
 - Many community agencies and Aboriginal organizations in Winnipeg offer services and supports to adults, children and families
 - For a **full list** see:
<http://www.wrha.mb.ca/aboriginalhealth/services/files/MentalHealthGuide.pdf>
- For those outside of Winnipeg, the **First Nations and Inuit Hope for Wellness Help Line** can be reached toll free, 24/7 at 1-855-242-3310

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Community Resources

- **Indian Residential Schools Resolution Health Support Program**
 - Provides emotional health and wellness to support former Indian Residential School students and their families
 - For more info contact Manitoba Regional Office at 1-866-818-3505
- A crisis line is also available to provide immediate emotional assistance 24/7 at 1-866-925-4419

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Community Resources



Mood Disorders Society of Canada

Société pour les troubles de l'humeur du Canada

- **Mood Disorders Society of Canada**
 - An excellent resource for finding services and programs that help those dealing with mental health needs.
 - Acts as an advocate on the national level
 - For more information visit **<https://mdsc.ca/>**

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Winnipeg Community Resources

- **Mental Health Crisis Response Centre**
 - A central point of access for adults experiencing a mental health crisis
 - Available 24/7
 - An atmosphere that promotes healing and recovery
- 817 Bannatyne Ave, Winnipeg
 - Ph. 204-940-1718

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Winnipeg Community Resources

- **Mobile Crisis Services**

- Team specializing in crisis intervention
- Offers 24hr consultation and home visits
- Family members can call for assistance
- Ph. 204-940-1718

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Thank You!



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