

# Finding Support to Help You Reach Your Diabetes Self-Care Goals

When you're making changes in the way you live try to find support from others to help stay motivated and reach your goals.

Support can ease the burden of lifestyle changes and help reduce depression, stress, anxiety, and isolation.

You can find support in many places.

*“For me and my diabetes I think, yes, the physicians and the dieticians, everybody has helped a lot, but I think the biggest support is my family.”*

In addition to family and friends, diabetes support groups, either in person or online, can be a great source of learning and support.

Nothing takes the place of talking with people who know, firsthand, exactly what you're going through.

Whether it's a diabetes support group or a group coaching class on different topics, being with others who understand can give you a chance to talk about the changes you're making.

Some medical centers offer shared medical appointments. Being part of a group class or support setting will encourage you to keep making healthy lifestyle choices.

You can also get useful ideas and information at support group meetings. Talk with your diabetes care team to find local support groups in your area.

*“During the support group, as I said there were several people there that had diabetes, and this is why they were there but finding out what they did and what I didn't do it helped me tremendously.”*

Some find support through community-based groups or religious organizations.

*“Faith is a critical piece for me.”*

Volunteering or supporting others can also help put your diabetes into perspective.

And remember, your diabetes care team can also be a great source of support.

*“I actually look forward to going to my endocrinologist appointment now, which is kind of weird, but she understands that, you know, having diabetes isn't black and white. She knows that different things can make your sugar go up or down, and she knows that it's perfectly normal to have those moments, you know.”*

Tell your diabetes care team about the challenges you face and concerns you have.

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Are your challenges due to not enough time in your day, or are they internal like worry or fear?

Often just sharing with your family or diabetes team about what's getting in your way is a good start to finding a supportive next step.

Who supports you in reaching your healthy lifestyle goals?

Although Diabetes is complex, it's manageable when you have the right information and support. Diabetes educators are trained to be your diabetes expert and can help you learn how to successfully thrive with diabetes. You deserve nothing less!

Ask your provider for a referral today! Find one at [www.DiabetesEducator.org/find](http://www.DiabetesEducator.org/find).