

# Diabetes and Emotions: Turning Negatives into Positives

Managing diabetes is not easy.

*"I had to change the way I eat. I had to change the way I think. It was hard."*

Instead of letting your negative emotions frustrate you into giving up, the key is to develop strategies to handle your negative feelings. Turn the negatives into positives.

First, keep your eye on the prize. What are your reasons for managing your diabetes?

*"It allows the patient to feel like they're the one in the driver's seat and managing their blood sugar."*

Take some time now to think of the reasons you have for managing your diabetes. Good health, avoiding complications, feeling better, having more energy; whatever your reason, recognize it, remember it and keep your eye on getting there.

Next, set realistic goals. Being overwhelmed by your management plan will lead to negative emotions like frustration and stress. Instead, take a big task, like making healthy food choices, and break it down into smaller goals that you can reach.

*"It's just great, just wonderful, because it gives you a good feeling that you could achieve it. You set your goal, and there are many things. Life always takes over, but sometimes you just have to set a little priority for yourself."*

When you do reach a goal, celebrate your success. You did it! Good job! Let your internal voice be your cheerleader. What would your best friend say to you at a moment like this? Focus on each little success and what you did right to achieve that success instead of the natural urge to focus only on what didn't go well.

However, if you do find you are having trouble reaching your goals, don't get frustrated. These are not easy changes to make. Take some time to figure out why you haven't reached your goals. Problem solving can be empowering and motivate you for further success.

*"Don't worry about it; things will be just fine; things will turn around and you'll be fine. It'll take a while but you'll get there."*