

Diabetes: 3 Steps to Problem-Solving

If you're like most people, you've probably faced your share of problems in life.

And for many of those problems, you found solutions or ways to deal with them.

But when a problem affects your health, it can feel different.

Here's the deal: Problem-solving for an issue related to diabetes is the same as solving for any other problem.

Problem-solving means describing the problem, coming up with your own ideas for a solution, and seeing if one of them works for you.

Because in life, problems happen.

A work schedule changes.

A breakup occurs.

A child gets sick.

A parent moves in.

Sometimes even good things can cause issues with how you care for yourself: You could get a new job.

Start dating again.

Be invited to a holiday party.

Good or bad, changes can create problems or obstacles that you'll need to get past to manage your diabetes.

Here's how problem-solving can work in three steps: Step 1: Describe the problem.

For example, let's say you have a new job you love.

Yay!

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But your blood sugar is suddenly higher than usual.

Your lunch is at the time it's always been.

But when you think about it, your new job has more stress and less activity.

Step 2: Brainstorm solutions—ways to solve that problem.

In the case of a new job, maybe scheduling morning and afternoon walks is one solution.

Or use the stairs a few times during the day.

Step 3: Try one of the solutions.

If it doesn't work, try another solution.

When you find something that works, you're building confidence, and that can feel good.

So let's review.

The three steps for problem-solving are: Describe the problem, brainstorm solutions, and then try one of the solutions.

Now there may be times when the problem with your diabetes is harder to solve, or you just can't find ways to solve it on your own.

You can always talk about it with your diabetes educator or your doctor.

They want to help.

You may have to try different solutions until you find what works for you.

Have patience and faith in yourself.

You can do this.