



Your Feelings Matter
WITH TYPE 2 DIABETES





A new diagnosis of type 2 diabetes may trigger a range of emotions from minor stress to major depression. Recognizing and addressing emotional reactions can play an important role in your ability to manage your disease.

Here are a few of the most common emotions people may face when diagnosed with diabetes.

Anger

Diabetes is a disease that may seem very threatening. Suddenly you feel you've lost the ability to live life the way you used to. Anger is a common reaction to a threat. Anger can cause poor judgment leading to poor decisions regarding your diabetes care.

Start by identifying situations that make you angry. Does going to a restaurant or social gathering trigger your anger? If so, consciously teach yourself to change your reaction when you are in those situations.

Stress

Like anger, stress is a reaction. Most of the time we can't stop it from happening, but there are definitely things you can do to reduce stress once it occurs.

1 Breathing exercises

Sit or lie with legs uncrossed. Take long, slow deep breaths, pushing out as much air as possible. Do this for five to 20 minutes.

2 Physical movement

Moderate exercise and stretching are helpful in reducing stress.

3 Replace bad thoughts with good ones

Every time you have a negative thought, purposefully think of something that makes you happy. Memorize an inspirational poem, say a prayer, or think of a happy song and "listen" to it in your head.

Denial

Signs that you may be in denial include thinking thoughts like, “I’ll check my blood sugar tomorrow.” or “If I miss taking my medicine today, it won’t hurt.”

If you find yourself doing this, ask your doctor or a qualified diabetic educator to sit with you and explain why every part of your care plan is important. **Get the help of your family and friends to keep you on track.**

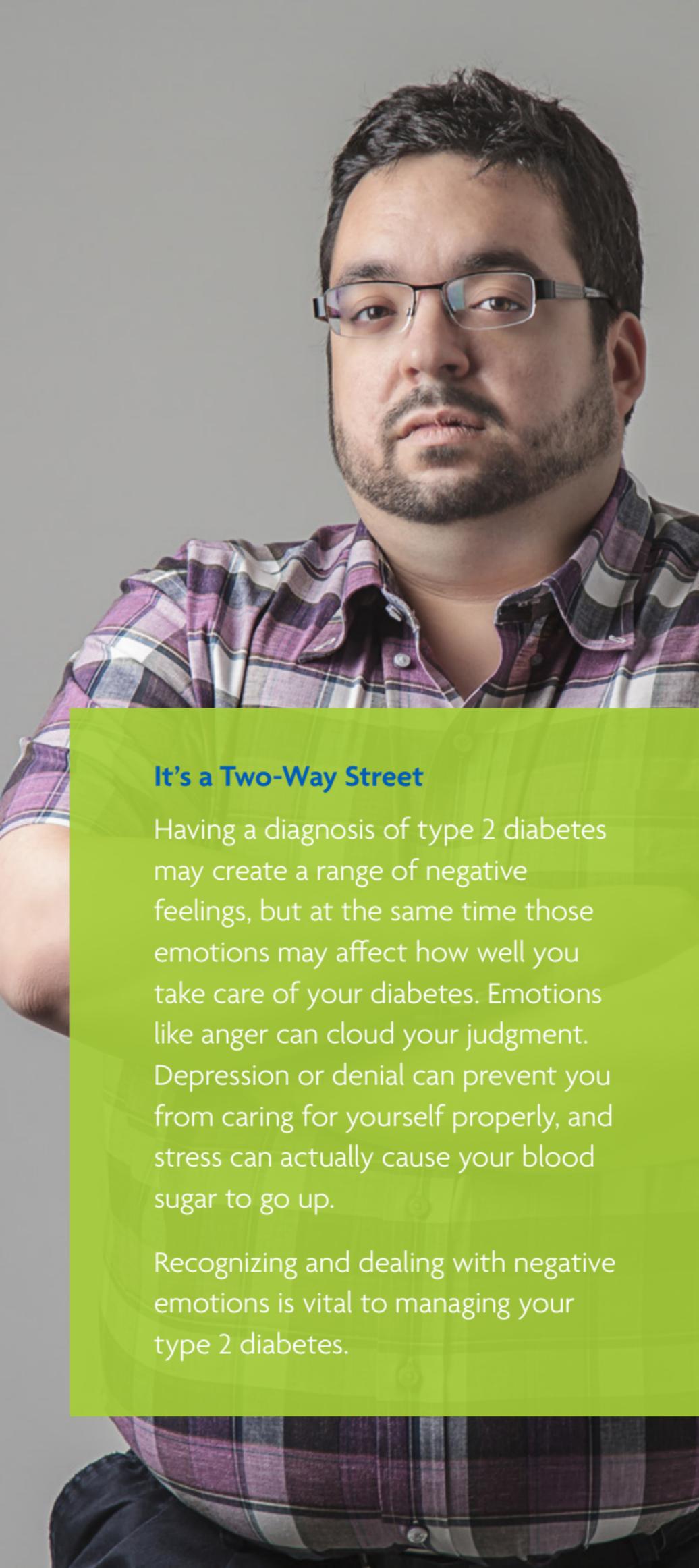
Depression

Spotting depression is the first step in addressing it. Signs of depression include:

- Loss of pleasure, or not taking interest in things you used to enjoy.
- Change in sleeping patterns, such as having trouble falling asleep at night, waking frequently, or sleeping more.
- Change in appetite, including eating too much or not often enough, resulting in change in weight.
- Trouble concentrating, such as finding it hard to focus on a TV program or book.
- Loss of energy or feeling tired all the time.
- Guilt or feeling you can’t do anything right.
- Suicidal thoughts or thinking of ways to hurt yourself.

If you have three or more of these depression symptoms, or if any one of them lasts for more than a couple of weeks, you should seek help.

If you need assistance finding a doctor, please call BlueCross BlueShield of Tennessee at the number on the back of your Member ID card.



It's a Two-Way Street

Having a diagnosis of type 2 diabetes may create a range of negative feelings, but at the same time those emotions may affect how well you take care of your diabetes. Emotions like anger can cloud your judgment. Depression or denial can prevent you from caring for yourself properly, and stress can actually cause your blood sugar to go up.

Recognizing and dealing with negative emotions is vital to managing your type 2 diabetes.

This information is not intended as a replacement for medical advice. Please speak with your doctor before making changes to your current lifestyle.



1 Cameron Hill Circle | Chattanooga, TN 37402 | bcbst.com

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Diabetes Feelings Brochure