



Participant Guide

Manage Stress



Session Focus

Managing stress can help you prevent or delay type 2 diabetes.

This session we will talk about:

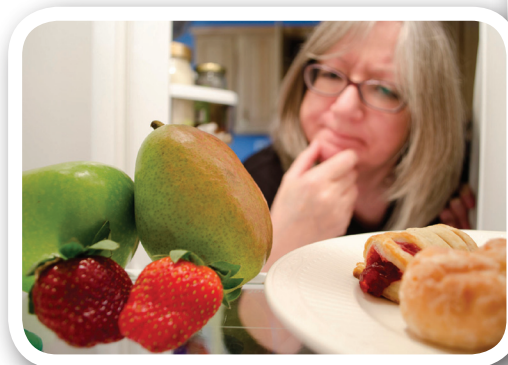
- Some causes of stress
- The link between stress and type 2 diabetes
- Some ways to reduce stress
- Some healthy ways to cope with stress

You will also make a new action plan!



Tips:

- ✓ Know what situations make you feel stressed. Plan how to cope with them.
- ✓ Learn how to say “no” to things you don’t really want or need to do.





Barbara's Story

Barbara is 45 years old. She feels pulled in all directions. Her children are still in high school. Her father has bad health problems. Plus, Barbara works full time and is divorced.

Barbara's doctor tells her she's at risk for type 2 diabetes. He urges her to lose weight by eating well and getting active.

Barbara sighs. To her, taking care of herself is just one more thing to do.

When you feel stressed, you may feel:

- Angry
- Annoyed
- Anxious
- Confused
- Impatient
- Sad
- Worried

You may also have:

- Aching head, back, or neck
- Racing heartbeat
- Tight muscles
- Upset stomach

Link between stress and type 2 diabetes:

Feeling stressed can:

1. Change your body chemistry in a way that makes you more likely to get diabetes
2. Cause you to act in unhealthy ways





Barbara's Story

To make herself feel better after her doctor visit, Barbara goes home and eats a lot of ice cream.

When you feel stressed, you may:

- Drink too much alcohol
- Forget things
- Put off doing the things you need to do
- Rush around without getting much done
- Sleep too little, too much, or both
- Smoke
- Take too much medicine
- Work too much



You may also:

- **Make unhealthy choices about eating or drinking**
- **Slack off on fitness goals**
- **Spend too much time watching TV or videos or using the computer**

Barbara has trouble saying “no.” So she ends up doing things she doesn’t really want or need to do.

For instance, when she goes shopping with her kids, they often beg her to buy things. Usually, she caves in to their demands, just to make them stop. This makes Barbara feel stressed.

Barbara decides to get better at saying “no.” The next time she goes shopping with her kids, they beg her to buy ice cream. This time, she says “NO!” And she holds firm. She’s so proud of herself!





Ways to Reduce Stress

There's no surefire way to prevent stress. But there are ways to make your life less stressful. Try these tips.

- ✓ **Ask for help.** Feel free to ask your friends and family for help. They care about you and want the best for you. And you can help them another time.
- ✓ **Be tidy.** Keep your things in order.
- ✓ **Get enough sleep.** Shoot for 8 hours per night.
- ✓ **Have fun!** Make time to do something you enjoy. Go for a walk with a friend, read a book, or watch a video ... whatever makes you happy.
- ✓ **Just say "no."** Learn how to say no to things you don't really want or need to do.
- ✓ **Know yourself.** Know what situations make you feel stressed. Plan how to cope with them.
- ✓ **Make a to-do list.** Put the most important things on top.
- ✓ **Remind yourself.** Use notes, calendars, timers— whatever works for you.
- ✓ **Set small, doable goals.** Divide large goals (like weight loss) into smaller chunks.
- ✓ **Solve problems.** When you have a problem, try to solve it promptly. That way, it won't become a source of stress in your life.
- ✓ **Take care of your body and mind.** That way, you'll be more prepared to tackle stressful situations.

How will you reduce stress in your life?

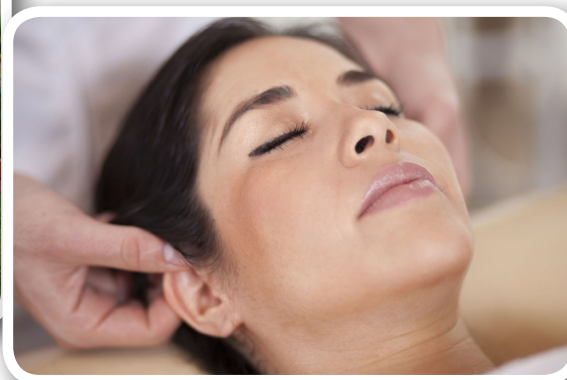
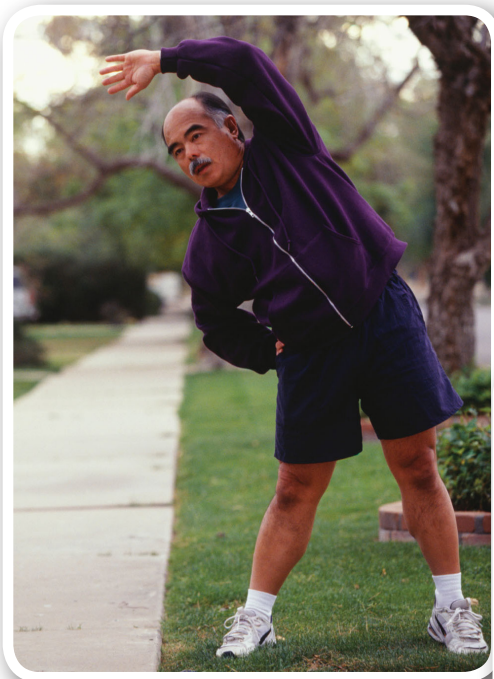




Healthy Ways to Cope with Stress

Feeling stressed? Put down the cookies! Instead, try these healthy ways to cope with stress.

- ✓ **Count to 20 in your head.** This can give your brain a needed break.
- ✓ **Soothe yourself.** Get a massage, take a hot bath, have a cup of herbal tea, or put on some calming music.
- ✓ **Give yourself a pep talk.** Say something calming, like: “There’s no rush. I can take my time.”
- ✓ **Try some ways to relax.** You’ll find them in the box at right.
- ✓ **Stretch.** Do yoga or other stretching exercises.



Ways to Relax

It may take time to see results. Try to practice for at least 10 minutes a day. Listen to calming music, if you wish.

At first, it may be easier to relax if you lie down in a dark, quiet room. But in time, you’ll be able to relax anytime, anywhere.

Relax your muscles.

Scrunch up your face muscles. Hold for 5 seconds. Now release. Feel your face muscles relax. Do the same with your jaw, shoulder, arm, chest, leg, and foot muscles in turn.



Healthy Ways to Cope with Stress

- ✓ **Take a breather.** If you can, take a break from whatever is making you feel stressed.
- ✓ **Talk about your feelings.** Tell a friend or counselor how you feel.
- ✓ **Cut back on caffeine.** Caffeine can make you feel jumpy and anxious.
- ✓ **Get moving!** Do something active—even if it's just a walk around the block.
- ✓ **Do something fun.** Go out dancing, go shopping, call a friend. Do whatever you enjoy—as long as it's healthy.
- ✓ **Think clearly.** Things may not be as bad as they seem to be.



Ways to Relax

Meditate. Focus on something simple that you find calming. It could be an image or a sound.

Don't worry if other thoughts get in the way. Just go back to your image or sound.

Imagine. Imagine a scene that makes you feel peaceful. Try to picture yourself there.

Breathe deeply. Relax your stomach muscles. Place one hand just below your ribs. Take a slow, deep breath through your nose. Feel your hand go up.

Now breathe out slowly through your mouth.

Make sure to breathe out all the way. Feel your hand go down.



Participant Guide

Cope with Triggers



Session Focus

Coping with triggers can help you prevent or delay type 2 diabetes.

This session we will talk about:

- Some unhealthy food shopping triggers and ways to cope with them
- Some unhealthy eating triggers and ways to cope with them
- Some triggers of sitting still and ways to cope with them

You will also make a new action plan!



Tips:

- ✓ Instead of buying treats for your loved ones, show your love in a healthy way.
- ✓ If you snack when you watch TV, avoid eating out of large containers and bags. Get yourself a single serving—and that's all.
- ✓ If you always lie on the couch and watch TV after dinner, be active during the ads.



Marta's Story

Marta just learned that she's at risk for type 2 diabetes. So she needs to change her eating and fitness habits.

On a typical workday, Marta gets up at 5:30 in the morning. As soon as she enters the kitchen, she starts making coffee. Just the smell helps her wake up. Then she warms up a pastry to dunk in her coffee.

By 3 in the afternoon, she's getting drowsy again. So she stops off at the coffee machine in the staff lounge. At the vending machine, she buys herself another pastry to dunk in her coffee.

Later that evening, Marta needs to unwind after a stressful day. So she curls up on the couch and watches TV. During one of the commercial breaks, she grabs a bag of chips and a beer.

What are some of the things in Marta's life that trigger her to act in unhealthy ways?



Marta decides to cope with her triggers. These days, she gets more sleep, so she doesn't get as drowsy during the day. She still has her morning and afternoon coffee. But instead of having a pastry for breakfast, she has some plain nonfat yogurt with berries.

Marta stays away from the vending machine at work. Instead, she nibbles on baby carrots.

Marta still watches TV to unwind after a stressful day. But she rides a stationary bike or lifts weights while she watches it. And now she has cut-up veggies for her evening snack instead of chips and beer.



How to Cope with Triggers

It can be challenging to cope with triggers. Here are some common triggers and ways to cope with them. Write your own ideas in the column that says “Other Ways to Cope.” Check off each idea you try.

Shopping Triggers	Ways to Cope	Other Ways to Cope
I’m hungry.	<input type="checkbox"/> Have a healthy snack before you go shopping.	<input type="checkbox"/> _____
I feel sad/ anxious/ stressed/mad.	<input type="checkbox"/> Put off the shopping trip until you feel better. <input type="checkbox"/> Cope with your feelings in a healthy way. For instance, take some deep breaths.	<input type="checkbox"/> _____ <input type="checkbox"/> _____
It’s on sale, or I have a coupon for it.	<input type="checkbox"/> Find ways to save money on healthy items instead. <input type="checkbox"/> Don’t clip coupons for unhealthy items.	<input type="checkbox"/> _____ <input type="checkbox"/> _____
It looks tempting.	<input type="checkbox"/> Stay away from the tempting parts of the store, such as the candy, chip, and ice cream aisles. <input type="checkbox"/> Buy a very small amount. For instance, get a single ice cream bar instead of a whole container of ice cream. <input type="checkbox"/> Buy a healthier version. But take a close look at the Nutrition Facts. Don’t rely on the word “healthy” alone. <input type="checkbox"/> Keep in mind that the store’s goal is to get you to buy things.	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
I always buy this.	<input type="checkbox"/> Shop with a list, and stick to it. <input type="checkbox"/> Remind yourself that you are making better choices now. <input type="checkbox"/> Try a different store, such as a farm stand.	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
It’s for my spouse/kids/ grandkids.	<input type="checkbox"/> Show your love in healthier ways. It will be better for you—and for them.	<input type="checkbox"/> _____ <input type="checkbox"/> _____



How to Cope with Triggers

Eating Triggers	Ways to Cope	Other Ways to Cope
I'm hungry.	<input type="checkbox"/> Eat something healthy. <input type="checkbox"/> Stop when you feel full. <input type="checkbox"/> Use a small plate.	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
I like to nibble on this while I watch TV.	<input type="checkbox"/> Avoid eating out of large containers and bags. Get yourself a single serving—and that's all. <input type="checkbox"/> Knit, ride a stationary bike, use resistance bands, or lift weights instead. <input type="checkbox"/> Chew sugar-free gum instead. Or nibble on non-starchy veggies, like celery. <input type="checkbox"/> Watch less TV. <input type="checkbox"/> Eat only at the kitchen/dining room table.	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
I feel sad/ anxious/ stressed/mad.	<input type="checkbox"/> Ease your feelings in healthy ways. For instance, talk with a friend.	<input type="checkbox"/> _____ <input type="checkbox"/> _____
I feel bored.	<input type="checkbox"/> Do something healthy: go for a walk, mow the lawn, or try a new healthy recipe.	<input type="checkbox"/> _____ <input type="checkbox"/> _____
I feel lonely.	<input type="checkbox"/> Contact your friends or family. <input type="checkbox"/> Meet people: take a class, join a team or club, or volunteer. <input type="checkbox"/> Think about adopting a pet.	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
This is easy to get or make.	<input type="checkbox"/> Stock up on healthy items that are easy to get or make, like baby carrots.	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____



How to Cope with Triggers

Eating Triggers	Ways to Cope	Other Ways to Cope
This looks or smells tempting.	<p>At home:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Keep a supply of healthy items that you like. Make sure they are visible and ready to eat. For instance, keep cut-up veggies in your fridge and a bowl of fruit on your table. <input type="checkbox"/> Don't keep unhealthy items at home. <input type="checkbox"/> Keep unhealthy items out of sight, or make them hard to reach. <p>At work:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Avoid walking by vending machines and "free" food. <input type="checkbox"/> Keep healthy snacks on hand. 	<ul style="list-style-type: none"> <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
I have happy memories of eating this.	<ul style="list-style-type: none"> <input type="checkbox"/> Change it to make it healthier. <input type="checkbox"/> Have a very small serving. <input type="checkbox"/> Share it with someone else. <input type="checkbox"/> Make new memories of eating healthy dishes. 	<ul style="list-style-type: none"> <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
I don't want to waste food.	<ul style="list-style-type: none"> <input type="checkbox"/> Cook smaller amounts. <input type="checkbox"/> Store the leftovers in the fridge or freezer. <input type="checkbox"/> Give it away. <input type="checkbox"/> Remind yourself that your health is more important than a few bites of food. 	<ul style="list-style-type: none"> <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____



How to Cope with Triggers

Eating Triggers	Ways to Cope	Other Ways to Cope
I always get this at the drive-thru after work.	<input type="checkbox"/> Take another route so you don't pass the drive-thru. <input type="checkbox"/> Don't eat in your car. <input type="checkbox"/> Order something healthy instead.	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
I see photos or videos of unhealthy food.	<input type="checkbox"/> Try not to look at them. <input type="checkbox"/> Look for photos and videos of healthy food.	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____

Triggers of Sitting Still	Ways to Cope	Other Ways to Cope
I'm tired.	<input type="checkbox"/> Get more sleep at night. <input type="checkbox"/> Take a short nap.	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
I feel sad/stressed/anxious/mad.	<input type="checkbox"/> Ease your feelings in healthy ways. For instance, take a brisk walk.	<input type="checkbox"/> _____ <input type="checkbox"/> _____
My joints/feet hurt.	<input type="checkbox"/> Find ways to be active that are easy on your body, such as swimming or yoga.	<input type="checkbox"/> _____ <input type="checkbox"/> _____
I always lie on the couch and watch TV after dinner.	<input type="checkbox"/> Ride a stationary bike, use resistance bands, or lift weights while you watch TV. <input type="checkbox"/> Be active during ads. <input type="checkbox"/> Go for a walk after dinner instead.	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____



My Triggers

Your triggers are things in your life that you tend to react to in a certain way—without even thinking about it. They can be sights, smells, sounds, or feelings. They can also be people, places, activities, or situations.

What triggers your unhealthy shopping habits?

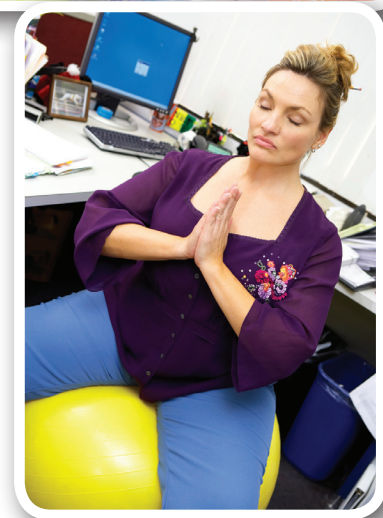
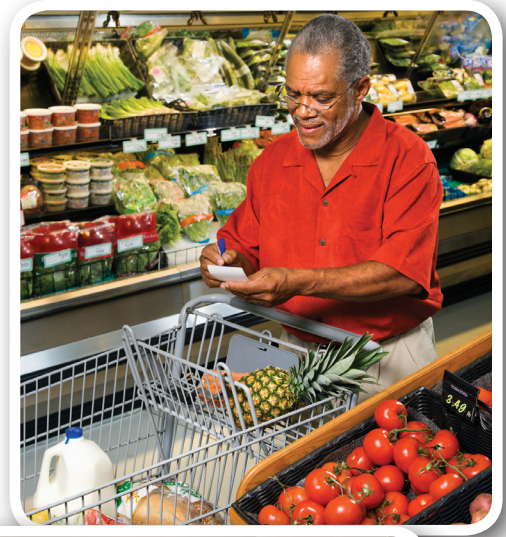
How will you cope with these triggers?

What triggers your unhealthy eating habits?

How will you cope with these triggers?

What triggers you to sit still, instead of being active?

How will you cope with these triggers?





Common Triggers

Common unhealthy shopping triggers:

“When we go out to the movies, we always get a big tub of popcorn to share, plus some soda.”

“My family gets a pizza every Friday night.”

“I always stop off at the taco truck during my lunch break.”

“I keep cookies on hand for when my grandkids visit.”

“When I feel down, I pick up a container of ice cream.”

Common unhealthy eating triggers:

“I always have something sweet after dinner.”

“My friends and I always have chicken wings, beer, and chips while we watch the big game.”

“After church, my women’s group has coffee and donuts.”

Common triggers of sitting still:

“My friends and I sit together in the cafeteria every day during lunch.”

“I always play video games after work.”

“My family plays board games all day on Saturdays.”

“When dinner is over, it’s time for TV.”

