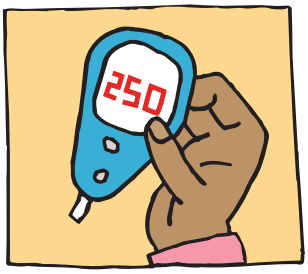
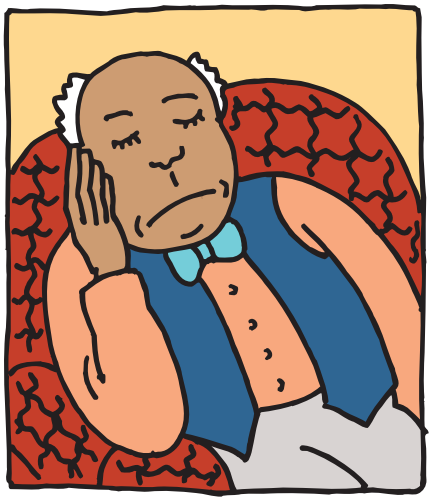
DIABETES
AND STRESS

Stress is a normal part of living. Some days you feel great. Other days you may feel tired, sad, upset about work or about your diabetes.



Having diabetes can cause stress. Changes in your blood sugar levels can make your diabetes harder to control.

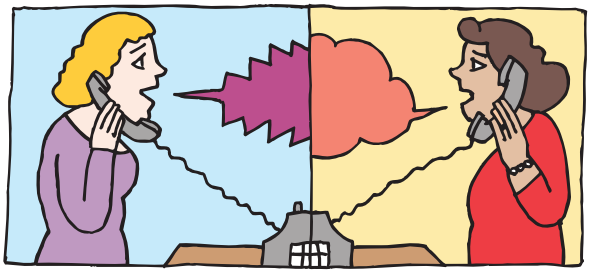


Low blood sugar can make you feel nervous or upset. High blood sugar can make you feel tired or down.

What can you do?

Learn to relax. There are a number of things you can do to lower the stress in your life and control your diabetes, such as:

- Be physically active 30 minutes or more a day.
- Get a hobby. Join a club. Try a new sport.
- Take a nap. Even a 10 minute nap can help.
- Go for a walk. Listen to music.
- Open up. Sharing your feelings with family and friends can often lower stress.



Call your doctor or diabetes educator if you have too much stress in your life. They are there to help.

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