

Diabetes and Stress Management

Learning Objective	Behavior	Learning Method and Materials
1. Discuss when stress is a good response and when it is not	1. Begin to talk about stress	1. Written material "Diabetes and Stress Management" and class discussion
2. Discuss at least three of the physical changes that can be caused by stress and why controlling your response to stress is important	2.	2. Written material "Diabetes and Stress Management" and class discussion
3. Review the common symptoms of stress	3. Recognize the symptoms of stress that apply to you. Determine what the early signs of stress are for you	3. Written material "Diabetes and Stress Management" and class discussion and 'Are You under Stress?' and 'Causes of Stress' Handout
4. Discuss unhealthy ways of handling stress	4. Think about the way you handle stress. Do you have unhealthy ways to handle stress?	4. Written material "Diabetes and Stress Management" and class discussion
5. Explore healthy ways to handle stress	5. Discuss healthy ways that you could stress and find one to try	5. Written material "Diabetes and Stress Management" and class discussion
6. Discuss ways you can prevent added stress in your life	6. Review your daily schedule and determine if there are things you can change. Develop a plan to start to make changes	6. Written material "Diabetes and Stress Management" and class discussion
7. Discuss and try some of the relaxation training, stretching and deep breathing exercises	7. Try one or more of the exercises when you start to feel stressed	7. Written material "Diabetes and Stress Management" and class discussion and demonstration

This product was developed by the Galveston: Take Action project at the Galveston County Health District in Texas City, TX with support from the Robert Wood Johnson Foundation® in Princeton, NJ.