

Building Resilience with Type 2 Diabetes



Resilience is your ability to adapt and bounce back from setbacks, to become even stronger and healthier. You can grow and build your resilience - like a muscle - by using *Resilience Resources*. Building your resilience helps you be better prepared to handle challenges related to your diabetes in the future, and thus, have better overall diabetes control.

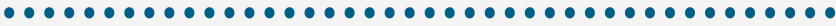


5 Resilience Resources

- 1 Finding Positive Meaning** — Identifying positive things related to your diabetes.
- 2 Coping Strategies** — Thoughts and behaviors that allow you to cope WELL with diabetes.
- 3 Managing Your Emotions** — Awareness and acceptance of your emotions. Strategies to balance positive and negative emotions and express emotions in a healthy way.
- 4 Using Stress to Grow** — To bounce back; to carry on and adapt positively even while experiencing stress and adversity.
- 5 Build Your Self-Confidence** — Confidence in managing diabetes even when you are stressed.

Note: You can apply these *Resilience Resources* in other parts of your life too!

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So what does this mean for you?

These are big ideas and can mean different things to different people. Take a moment to stop and think about how these resilience resources fit into your life and diabetes care. Then, in your own words write what each resilience resource means to you. You are the expert in your diabetes (yes, you!), so there is no right or wrong answer here -- this is just an opportunity to reflect.



Resilience Resources – Putting it in YOUR own words

1 Finding Positive Meaning: _____

2 Coping Strategies: _____

3 Managing Your Emotions: _____

4 Using Stress to Grow: _____

5 Build Your Self-Confidence: _____

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Finding Positive Meaning

Diabetes asks a lot of you – it asks you to eat a balanced meal, check your blood sugar regularly, exercise, take your medications, meet with your health care provider, and manage your stress. Because of this, it is easy to focus only on the demands and challenges of diabetes. However, it can be just as important to spend time thinking about the positive ways that diabetes has impacted your life.

This is in no way saying it's a good thing you were diagnosed with diabetes. Instead, it's asking you to step back and ask yourself: *Even though this is not easy, what are some positive things that I can take from the diagnosis or that have come about because of the diagnosis?* Identifying and recognizing the positive things can make you feel more empowered and ready to handle a challenging situation.

So yes, diabetes sometimes asks a lot of you, but it can also give back to you in unexpected ways! Let's look at an example of what this might look like when dealing with the challenges of eating healthy with diabetes.

Ms. Sherry & Low-Carb Veggies



Ms. Sherry was recently diagnosed with type 2 diabetes. The dietitian at her clinic taught her to fill half of her plate with low-carb veggies to stay healthy. She's struggling to get started because she's not used to eating veggies and doesn't know how to cook them. A friend of hers tells her about a tasty green bean recipe and doesn't require too many ingredients. Ms. Sherry decides to try it and prepares it for her family's Sunday night dinner. To her surprise, both her husband and daughter really like it! They ask her to make it again and even encourage her to try out more veggie recipes.



Later, Ms. Sherry is catching up with her friend and shares that, in a way, she's glad she needs to eat and prepare more veggies because:

- *It got her whole family to try more veggies and her family's health is really important to her;*
- *She was able to share the experience with her family and this made her feel like she wasn't doing it alone - she felt supported.*

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Finding Positive Meaning -- Trying it out!

You just saw how Ms. Sherry found positive meaning in the need to eat more low-carb veggies. She identified some positive things that came out of her experience that relate to what she values in life (e.g. family's health and support, her health so she can be there for her family).

Identifying positive aspects in a situation can take some creative thinking so it is helpful to practice. *Take some time to think about how diabetes has impacted your life. Then, write down the positive things that you've noticed. Finally, write down why each thing is important to you.*

Something positive related to my diabetes and...

Eating healthy foods:

This is important to me because: _____

Checking my blood sugars and/or taking my medications:

This is important to me because: _____

Being physically active:

This is important to me because: _____



MS. SHERRY'S GREEN BEAN RECIPE

Ingredients

- 1 lb fresh green beans, ends trimmed
- 1 tbsp sesame oil - can sub olive oil
- 1 tsp salt - or to taste
- 1/2 tsp black pepper - or to taste
- 2 tsp minced garlic
- 1/3 cup sliced almonds

Notes:

- *Feel free to add some of your favorite seasonings (e.g., lemon juice, crushed red pepper flakes, oregano); green beans are very versatile.*
- *Add a sprinkle of parmesan cheese or drizzle of balsamic glaze to take these green beans to the next level.*

PREPARATION: 10 MIN | COOKING: 15 MIN | READY IN: 25 MIN

Directions

1. Wash and pat the green beans dry.
2. Heat a large skillet/pan over medium heat and add the oil and garlic.
3. Add green beans to the skillet/pan. Sauté for 1-2 minutes. Add salt, pepper, and almonds.
4. Sauté 10 more minutes or until green beans are easily pierced with fork. Cool slightly before serving.

Your notes: