

# Building Resilience with Type 2 Diabetes



## Coping with stress to reach goals

Everyone experiences stress in their lives. The good news is that some stress can be healthy and push you to grow. However, stress that lasts for months -*chronic stress* - can negatively affect your health. *Chronic stress* increases your stress hormone (cortisol) and can lead to higher blood sugar levels. It also makes it harder to take good care of your diabetes...like eating healthy, being physically active, taking your medications, and getting good sleep.

We manage stress by **THINKING** a certain way (our thoughts) or **DOING** certain things (our behaviors). These are called *coping strategies*. Some of these *coping strategies* help us feel better and enhance our health, but others make it harder to achieve the goals we set for ourselves.

When coping with stressful situations, it is important to ask yourself:

- Is the way I'm responding helping me reach my diabetes goals or hindering my progress?
- How do my thoughts and behaviors align with what I value - what is important to me?

Let's look at an example in Mr. Harry's life - specifically, the impact of stress on his activity goal.

### Mr. Harry & Walking

*Mr. Harry has been working towards his goal of walking 30 minutes a day three times a week. He was going to a local park after work and walking for half an hour -- he did pretty good for a while. Lately, though, he's had to work more hours than usual and feels like he has no time or energy to fit in his usual walks.*



Helpful and not helpful ways he can respond to the situation:

#### Helpful

Thoughts: "I don't have time to walk 30 minutes straight at the park at the end of the day, but I know walking is good for me. It relaxes me and helps keep my blood sugar in a healthy range. I wonder if there are other ways to get steps in throughout the day?"

Behaviors: He starts parking farther away at work and even tries to take the stairs sometimes. At home, he starts going with his wife to walk the dog around the block.

#### NOT Helpful

Thoughts: "I just don't have ANY time to walk. Work takes up ALL of my time and energy. I really can't worry about walking right now."

Behavior: He stops going to the park and watches TV instead because it relaxes him after working all day.

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## Coping with stress to reach goals -- Your turn

You just saw some helpful and not helpful ways Mr. Harry could respond to the stress and struggles of trying to be physically active. Notice that the thoughts and behaviors in the helpful column allow Mr. Harry to continue making progress towards his goal. They also align with what is important to him - he values keeping his blood sugar in a normal range.

Let's apply Mr. Harry's challenging situation to a similar situation in your life. Describe a challenging situation in your life and some helpful ways you can respond to the situation.

**A goal related to diabetes management that I'm currently struggling with or that is causing me stress:**

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**This goal is important to me because:**

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**HELPFUL ways I can respond...**

**Thoughts:**

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**Behaviors:**

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# MINDFUL EATING AND DIABETES

## WHAT IS MINDFUL EATING?

Mindful eating is developing an awareness of your experiences, physical cues, and feelings about food. Taking the time to slow down, savor your food, and tune in to your hunger and fullness cues are great tools to help make eating enjoyable and to manage your diabetes!

### TO ENHANCE MINDFUL EATING...

Before you begin eating, **observe your body**; notice hunger and fullness signals that guide when you start and stop eating.

Focus on eating, **be in the moment**, rather than rushing or doing other activities such as working or watching TV.

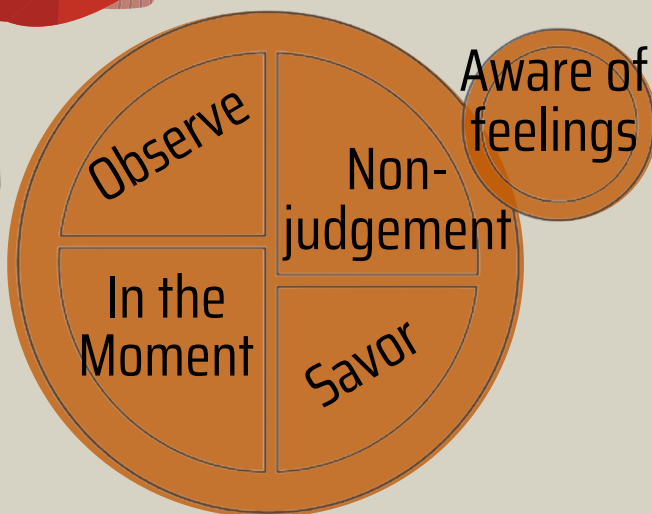
Take a bite and **savor your food**; notice the smells, colors, flavors and texture of the food.

**Don't judge yourself**; notice when rigid rules or guilt enter your mind.

**Be aware of your feelings**; notice when foods become tied to emotions.



Aware of feelings



### STRESS AND MINDFUL EATING

In the midst of busy lives and stressful situations, eating can become rushed, and our ability to eating mindfully and choose foods that best support our health may decrease.

### IF YOU FEEL STRESSED, CHECK IN MID-MEAL AND ASK YOURSELF:

- Am I still hungry?
- Do I enjoy the way this food tastes, or am I mindlessly eating after I feel full?
- Does this food align with my short or long term goals?
- Am I eating because I feel sad, happy, stressed, or tired? Or, am I eating to nourish my body with the fuel it needs?
- Do my choices honor my health and taste buds, and make me feel good?



# **ACTIVITY: NEXT TIME YOU ARE ABOUT TO EAT A MEAL OR SNACK, TAKE A MOMENT TO CHECK IN WITH YOURSELF**

## **ASK YOURSELF THE FOLLOWING QUESTIONS:**

### **1. How hungry am I?**

Aim to stay between a 3 and a 7 throughout the day. Getting too hungry may lead to low blood sugar or result in primal eating. Getting too full can result in high blood sugar or cause us to feel bad/uncomfortable.

### **2. What's available?**

We might not always have the exact food we want. In these cases, we can make the decision that feels best with what we have.

### **3. What sounds good to me?**

If you're having trouble deciding what sounds good, ask yourself if you'd like something hot or cold? Creamy or crunchy? Sweet or savory? Light or hearty?

### **4. How do I want to feel now? How do I want to feel later?**

Start to notice what foods and in what amounts make you feel good and energized versus what food and in what amounts leave you feeling bad and unsatisfied.

### **5. What do I need?**

We eat for many reasons (e.g., taste, celebration, energy, health). Identify your reason for eating. There are no wrong reasons, but notice if you eat when the underlying actual need is sleep, social interaction, emotional nurturing, etc. You can begin to make changes to take better care of yourself.

## **HUNGER SCALE**

- 1 Ravenous**
- 2 Preoccupied**
- 3 Hungry**
- 4 A little hungry**
- 5 Neutral**
- 6 Almost satisfied**
- 7 Satisfied**
- 8 Slightly full**
- 9 Full**
- 10 Stuffed**

# MAKING HUMMUS

Hummus is a versatile dip made of chickpeas. Chickpeas are a good source of fiber, which supports our digestive health and satiety!

## Classic Hummus Ingredients:

- 14 oz. chickpeas, drained and rinsed
- 2 cloves garlic
- ¼ cup tahini (ground sesame paste)
- 2 tbsp. lemon juice
- 1 tsp. cumin
- ½ tsp. red pepper flakes
- ½ tsp. salt
- ½ tsp. black pepper
- 2 tbsp. extra virgin olive oil
- 2 tbsp. water



## For Spinach Artichoke Hummus:



- Add 1 cup spinach and 3 canned artichoke hearts to Classic Hummus recipe.

## For Roasted Red Pepper Hummus:

- Add ~2/3 cup jarred roasted red peppers to Classic Hummus recipe.



## For Avocado Hummus:



- Replace the tahini with 1 avocado, replace the lemon juice with lime juice, and add 1 jalapeno and 1/4 cup cilantro, if desired, to Classic Hummus recipe.

## Directions:

1. Add chickpeas, garlic, tahini, lemon juice, and seasonings to a food processor or standard blender.
2. While blending, drizzle in the olive oil until hummus is smooth. Add a little bit of water, if needed to reach desired consistency.

For convenience, you can also buy pre-prepared hummus at the store.



## Ideas for Using Hummus

Try dipping these items:



Spread on a sandwich or wrap:

