

# Building Resilience with Type 2 Diabetes

## Tapping into Your Resilience Resources

You have many different types of Resilience Resources available to help you live a healthy life with diabetes. You can build your resilience using: Internal resources (skills, practices, your abilities), External resources (from the environment around you), and Existential resources (faith or spirituality).

### Ms. Patty thinks about all her resilience resources...

We last saw Ms. Patty feeling frustrated with her A1C. She reached out to her friends and a cooking class group and received many different types of social support. She's still working on bringing her A1C down. Importantly, she's using all her resilience resources to bounce back and adapt successfully to life's daily challenges.



### Internal:

Finding positive meaning; Helpful coping strategies; Using stress to grow; Building self-confidence by setting goals

She realizes that diabetes has brought her closer to several of her friends

She focuses on helpful thoughts & behaviors when she's stressed

Setting SMART goals has increased her self-confidence

She feels a sense of belonging with her cooking class group

She asks her friend to go walking with her each week

She talks with members of her TX STRIDE support group for healthy recipe ideas



When she's feeling stuck, her faith helps her accept the situation & think about a compassionate action to take.

Prayer helps her respond with helpful thoughts & behaviors to reach her goals.

She often turns to her faith -- it helps her feel loved and emotionally supported to move forward.



### External:

Social support;  
Church community;  
Health care providers



### Existential:

Spiritual coping; Faith; Prayer

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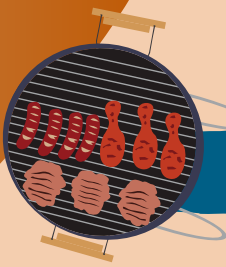


## Tapping into Your Resilience Resources

You just saw how Ms. Patty uses Resilience Resources in her life - Internal, External, and Existential resources. Now it's your turn to think about building your resilience. How can you tap into your resilience when encountering challenges during the day?

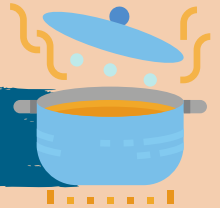


# Cooking Techniques



## GRILLING

Grilling meats creates an added smoky flavor and crust. You can also add veggies to the grill (bell peppers, asparagus, corn, mushrooms, and onions). Grilled chicken is a great addition to a cobb salad.



## BOILING

Boiling is fast and easy to control. You can boil veggies such as broccoli or starchy roots like carrots and potatoes. Boiled eggs are a great addition to a grilled chicken cobb salad.

## Chicken Cobb Salad

### Start with a leafy base:



- Spinach
- Kale
- Sprink mix
- Arugula
- Romaine

### Add in your fresh veggies:



- Cucumbers
- Tomatoes
- Carrots
- Bell peppers
- Mushrooms

Try using these two cooking techniques to create a delicious, nutrient rich meal!



Grilled Chicken



Boiled Eggs

### Top with your favorite dressing and toppings



# MS. RUTH'S SAUTEED VEGGIES

## INGREDIENTS:

- 1 medium size onion, diced
- 1 jalapeno, minced
- 4 - 5 cloves of garlic, minced
- 1/2 bag shoestring carrots
- 1 bag small multicolored baby bell peppers
  - Cut up 3 - 4 peppers of each color
- 2 - 3 stalks of celery, diced
- 1 poblano pepper, diced
- 2 small zucchini, sliced into rounds
- 2 small yellow squash, sliced into rounds
- 1-8 oz. container sliced mushrooms (optional)
- 1 large chicken bouillon cube
- Olive oil and salted butter



## DIRECTIONS:

1. In a large skillet or pot, add enough olive oil to cover the bottom. Add 1/2 stick salted butter.
2. Add all vegetables except zucchini and squash, and saute until tender. Add the bouillon cube while sauteing.
3. Once veggies are tender, add the zucchini and squash. Lastly, add the mushrooms, if using. Salt & pepper to taste. Enjoy!

Ms.  
Ruth's  
Tips:



Add small amounts of water if vegetables start to stick while cooking.

Adding the squash and zucchini after other vegetables have already sauteed leaves them with some nice texture and prevents them from getting too mushy.

Feel free to add bay leaves and/or thyme for additional flavor. If you want a little more kick, add some crushed red peppers.