

Building Resilience with Type 2 Diabetes

Key Ways to Build Self-Confidence

Self-confidence is a strong positive belief that you have the capacity and skills to achieve the diabetes goals you set for yourself. This could be self-confidence around staying active, eating balanced meals, maintaining healthy sleep habits, or anything else that helps support your overall health. Building self-confidence helps you get through difficult or challenging times and enhances your resilience. Below are some key ways to build self-confidence.

✓ Get to know yourself

Acknowledge your values, beliefs, and strengths, and think about how these align with how you're currently managing your diabetes and overall health. Aligning your values and behavior builds confidence.

✓ Be authentic, 100% yourself

Embrace your uniqueness; think about the unique skills, experiences, or ideas you have that can help manage your diabetes.

✓ Realize that no one is better than you

You are amazing just because you are you! No one with or without diabetes is better than you.

✓ Look at your accomplishments

Focus on your successes instead of your setbacks! Make a list of everything you've accomplished since you started on this journey of becoming healthier. It could be anything from taking the time to shop for veggies to learning how to check your blood sugar, no accomplishment is too small!

✓ Take care of yourself

Take time to 'recharge' your battery. Enjoy a cup of coffee on your porch or read a good book in the evening -- anything that's just for you! Self-care is essential to prevent diabetes burnout.

✓ Awareness, Acceptance, Action: those words go in that order!

Awareness: to be more *self-aware*, start by being curious about yourself and being present in the moment. Writing down your thoughts or asking others how they see you can also help.

Acceptance: You don't have to be perfect to accept yourself (in fact, no one is!). You have amazing qualities; accepting the current situation reduces fear and builds confidence.

Action: Take a compassionate action! You will either be successful or get feedback for next time - both results tell you something you wouldn't have known if you had done nothing.

✓ Understand your emotions

Your emotions have value - they let you know what's going on inside you and are important! Understanding what you're feeling will help you feel more in control, especially during times of stress.

✓ Have self-confidence heroes

Pick a 'self-confidence hero.' This is anyone you admire for their high level of self-confidence. It can be anyone in your life like your TX STRIDE mentor, someone in your church, or a dear friend. They don't have to be famous to be a hero to you.

Credit: Personal-Development-Zone.com, 'Building Self-Confidence: Discover The 12 Uncovered Pillars' episode

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Key Ways to Build Self-Confidence - Let's Apply Them

✓ **Get to know yourself** - What do you value? What are your strengths?

✓ **Awareness, Acceptance, Action: those words go in that order!** - What are you aware of that if you accepted would make it easier to take action?

✓ **Be authentic, 100% yourself** - Write down your unique skills that can help you on your journey to be healthier?

✓ **Understand your emotions** - Write down an emotion that needs your compassionate acceptance.

✓ **Realize that no one is better than you** - Practice saying this aloud and write it down in your own words!

✓ **Look at your accomplishments** - What are you already doing to be healthier? Take time to recognize and feel good about your accomplishments!

✓ **Take care of yourself** - What is something you can do in the next few days that's just for you?

✓ **Have self-confidence heroes** - Who is someone you relate to that has high self-confidence?

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S.M.A.R.T. Goals in Diabetes Management

Most of us have things we want to change in our lives - you enrolled in TX STRIDE because you value your health and want to learn how to be healthier - you've taken some important first steps just by being here! You've learned a lot about diabetes management and using resilience resources to deal with challenges. You now have a lot of tools to make changes in your life - to set goals for yourself! The *S.M.A.R.T.* acronym is extremely helpful in creating goals that set you up for success. Let's see how Ms. Sherry creates a *S.M.A.R.T.* goal.

Ms. Sherry & her vegetable goal - she's back!

We last saw Ms. Sherry trying out a green bean recipe at her Sunday night dinner because she wanted to eat more low-carb veggies. The dish came out tasty and her husband and daughter loved it. She's feeling motivated to keep eating more low-carb veggies because she knows it can improve her blood sugars and help her family stay healthy. She knows her life can get pretty busy but starting this new habit - and building on her success with the green bean recipe - is really important to her. To help her plan out the goal and set herself up for success, she decides to create a S.M.A.R.T. goal.



- S** Specific: What exactly does she want to achieve/accomplish? → She decides that her goal will be to eat more low-carb veggies at **DINNER**. The rest of her day is a bit chaotic but she always has family dinner at the same time so this will be easier to start with.
- M** Measurable: How will she measure her progress? How will she know if she's eating **MORE** low-carb veggies at dinner? → Ms. Sherry thinks about this and remembers learning in the TX STRIDE program that a well-balanced plate should be **HALF** low-carb veggies. She decides to make that her goal.
- A** Achievable: Does she have the skills to do this goal or does she know where to get them? How motivated is she? → She's a good cook and knows her way around the kitchen. Her doctor gave her a list of different low-carb veggies - and she has more ideas in the TX STRIDE notebook. She's very motivated and feels supported by her family!
- R** Relevant: Why this goal now? Why is it important that she eat low-carb veggies now? → It's important that she eats low-carb veggies to help manage her diabetes. She wants to make it a habit. She also has a follow-up appointment with her doctor in a month and she wants to see how her A1C changes.
- T** Time-bound: What's her deadline for the goal and is it realistic? → She decides to give herself **ONE MONTH** to achieve this goal. At the end of the month, she'll assess how it's going and tweak the goal if she needs to.

Ms. Sherry's S.M.A.R.T. Goal:

I will make half of my dinner plate low-carb veggies for one month.

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Making a S.M.A.R.T. Goal For Yourself!

Creating *S.M.A.R.T. goals* takes practice and as you saw with Ms. Sherry, it's helpful to stop and think through what each letter means in regards to your goal and in the context of your life. Doing this will help you start planning out your goal and set you up for success. First, think of something related to diabetes management that is important to you and that you've been trying to work towards. Then, go through *S.M.A.R.T.* and answer each question -- the more thought you put into each question, the "smarter" your goal will be. Finally, put it all together and write your *S.M.A.R.T. goal* at the bottom.



Specific - What do I want to achieve/accomplish?



Measurable - How will I measure my progress?



Achievable - Do I have the skills or can I get the skills? How motivated am I?



Relevant - Why this goal now?



Time-Bound - What's my deadline and is it realistic?

My S.M.A.R.T. Goal: _____

Overwhelmed by emotions?

(WORRY, JUDGEMENTS, STRIVING, ANGER, DEFICIENT, VICTIMIZED)

Remember R.A.I.N.

R

Recognize

Take a moment to recognize what is going on inside you; what you are feeling. This step involves awareness and compassion.

A

Allow

Pause, breathe, and allow the experience in your body to be there without judging yourself. You don't have to fix it. Be with whatever is unfolding inside you.

I

Investigate

Ask yourself what you are believing. Then ask yourself, "what do you most need right now?"

N

Nurture

Be kind to yourself and practice self-compassion, such as breathing exercises and loving-kindness meditations.

Credit: Tara Brach, *Radical Compassion*.

Meditation Using R.A.I.N.

Credit: Tara Brach, *Radical Compassion*.

Sit quietly, close your eyes and take a few deep breaths. Bring to mind a current situation in which you feel stuck, one that elicits a difficult reaction (e.g., anger, fear, hopelessness, shame). It may be a conflict with a family member or co-worker, a chronic illness, the pain of an addiction, a conversation you now regret. Take a moment to visualize the scene or situation, remembering the words spoken, sensing the most distressing moments. This is the starting place for using R.A.I.N. to heal.

R

Recognize

As you reflect on this situation, ask yourself, "What is happening inside of me right now?" What sensations are you most aware of? What emotions? Is your mind filled with churning thoughts? Take a moment to become aware of whatever is predominant, or the overall emotional tone of the situation.

Send a message to your heart to "let be" this entire experience. Find in yourself the willingness to pause and accept that in these moments "what is... is." You can experiment with mentally whispering words like "yes", "I consent", or "let be".

You might find yourself saying, "I hate this!" That's a natural part of the process. At this point in R.A.I.N., you are simply noticing what is true and intending not to judge, push away, or control anything you find. Just allow it to be present.

A

Allow

I

Investigate

Bring an interested and kind attention to your experience. These questions may be helpful:

- What is the worst part of this; what most wants my attention?
- What is the most difficult/painful thing I am believing?
- What emotions does this bring up (fear, anger, grief)?
- Where are the feelings about this strongest in my body (e.g., throat, chest, belly)?
- Are these feelings familiar, something I've experienced earlier in my life?
- If the most vulnerable hurting part of me could communicate, what would it express (words, feelings, images)?
- How does this part want me to be with it?
- What does this part most need (from me or from some larger source of love/wisdom)?

N

Nurture

As you sense what is needed, what is your natural response? Calling on the most wise/compassionate part of your being, offer yourself a loving message or send a tender embrace inward. You might gently place your hand on your heart. You might imagine someone you trust - a parent or pet, a teacher or spiritual figure - holding you with love. Feel free to experiment and discover what best allows the part of you that is most vulnerable to feel loved, seen, and/or safe. Spend as much time as you need, offering care inwardly and letting it be received.

MRS. CHLOE'S COLLARD GREENS WITH SWEET ITALIAN TURKEY SAUSAGE

Ingredients:

- 3 Lean Fresh Turkey Sausages with the casings removed
- 1 pound Collard Greens, stems removed, leaves chopped
- 3 medium Shallots, thinly sliced
- 1/2 Teaspoon Chile Powder
- 1/2 Teaspoon Paprika
- 1/2 Teaspoon Garlic Powder
- 1/8 Teaspoon Ground Black Pepper
- 1/8 Teaspoon Cayenne Pepper
- 2 Tablespoons Extra Virgin Olive Oil



Directions:

1. In a small bowl mix together chile powder, paprika, garlic powder, black pepper, and cayenne.
2. Heat 2 teaspoons olive oil in a large saucepan on medium heat.
3. Add shallots to the pan and cook, stirring frequently for 3 to 5 minutes until softened. Then set aside.
4. Add sausage and cook, breaking up the meat with a spoon, for about 5 minutes until browned.
5. Stir the remaining spice mixture and collard greens into the pan. Cover and cook for 10 minutes.
6. Remove lid, stir and cook for 10 more minutes.
7. Add shallot mixture back to pan; stir/cook about 2 minutes until heated through.

Enjoy!

Turkey Sausage is a great alternative to pork sausage. It is lower in both saturated fat and calories!

