Session 18 – Manage Stress



I. Objectives

- Identify causes of stress
- List coping strategies
- Identify the link between type 2 diabetes and stress

II. Introduction

According to the American Psychological Association, "Stress occurs when you perceive that demands placed on you — such as work, school or relationships — exceed your ability to cope."

This can feel like you are being pulled in different directions. Some stress can be good for us while too much negative stress can have long term effects on the human body and can be linked to diseases like type 2 diabetes.

III. Vital Health Measures Collected

- Weight
- Height
- Blood Pressure
- Finger Stick Glucose

IV. Health Information

The health educator will inform the client of the harmful effects of stress.

Feeling stressed can change the body's chemistry in a way that makes people more likely to get type 2 diabetes. Excessive stress will increase two hormones in the body. These are adrenaline and cortisol. Adrenaline can make your blood pressure go up and both adrenaline and cortisol can increase your blood sugar. Untreated chronic stress can also lead to high blood pressure, anxiety, muscle pain, and obesity. Feeling stressed can make people feel angry, annoyed, anxious, impatient, and worried. Some people feel physical effects such as aching head, tight muscles or upset stomach.

Negative Reactions To Stress:

- Drinking too much alcohol
- Drinking too much caffeine
- Binge – eating
- Sleeping too much

Stress Management Tips:

- Ask for help
- Get enough sleep
- Eat fruits and vegetables
- Exercise daily
- Make a to – do list
- Set small, attainable goals
- Meditation

It is important to practice healthy ways to cope with stress. These can be done by simply counting to 10 in your head to give your mind a needed break, or doing physical activity like yoga or Pilates to help with breathing patterns.

If the feelings of stress become overwhelming it is important to speak with someone about the feelings you are experiencing.

V. Activity

Meditate a total of 150 minutes a week (yes similar to walking).

Meditation is a great activity to decrease stress levels. Meditation can help us understand our own mind. Meditation

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creates a positive outlook and helps to change negative emotions into positive emotions.

How To Meditate:

1. Choose a quiet place to sit and sit in a comfortable position. It is important to sit with you back straight to avoid feeling sluggish or sleepy.
2. Stop distractions and make your mind clearer and lucid.
3. Sit with your eyes partially open and pay attention to your breathing.
4. Practice breathing slowly. You may initially feel like you're thinking more thoughts, but this is natural and the more you meditate the more in tuned to your breathing you will be.
5. Start at 5 – 10 minutes per day, gradually increasing your time.



What will I do to live a stress free life?

Meditate!

Log the number of minutes you meditated every day this week.

Monday: _____

Tuesday _____

Wednesday: _____

Thursday: _____

Friday: _____

Saturday: _____

Sunday: _____

