

The American Diabetes Association Channel[®]

A Guide to Changing Habits

Top Story: Setting Goals Helps You Take Charge of Diabetes

Diabetes can turn your life upside down. Suddenly, there's a lot more to do. Taking care of diabetes is a whole new thing to fit into your daily life. All the changes can be too much. But don't give up! Change is all about working toward a goal. And to reach your goal, you need a plan.



- Decide what your goals are. What changes do you want to make?
- Review your goals with your health care team. Choose one goal to work on first.
- Decide what steps will help you reach your goal.
- Pick one step to try this week.

You can get there from here—one step at a time!

Special Message

Making changes in your life is a matter of trying and learning. First, you try something, and then you see what works and what doesn't. Not every idea will work. You may run into some problems along the way. That's OK. Sometimes when things go wrong, you learn a better way to reach your goal.

Diabetes Matters

The talk show about diabetes, featuring diabetes educator Fran Tate, CDE, and her guests.

Changing Your Habits

Fran: Good morning, everyone. Today we're talking to Carrie and Tom Kingbird about changing habits.

Carrie: When I got type 2 diabetes, I was told to lose weight, check my blood sugar, be more active, and take my pills. And all at once! I felt overwhelmed. For me, even thinking the word "diabetes" was hard. And Tom started nagging me.

Fran: What did you nag about, Tom?

Continued inside...

Diabetes Matters, continued...

Tom: I didn't mean to be a nag. I was concerned and just wanted to help. So, I'd ask her what she ate for lunch and if she'd checked her blood sugar.

Carrie: Then I told my diabetes educator what was happening. She helped me think about goals for my diabetes care and how to get the support I need.

Fran: What happened then?

Carrie: I told Tom that I knew he meant well, but I needed him to give me some time. I also needed him to listen when I felt like talking. And I asked him to quit eating in front of me at night.

Now I'm in charge of my life again. I also learned that I didn't have to change everything at once. I started by checking my blood sugar and taking my pill every morning.

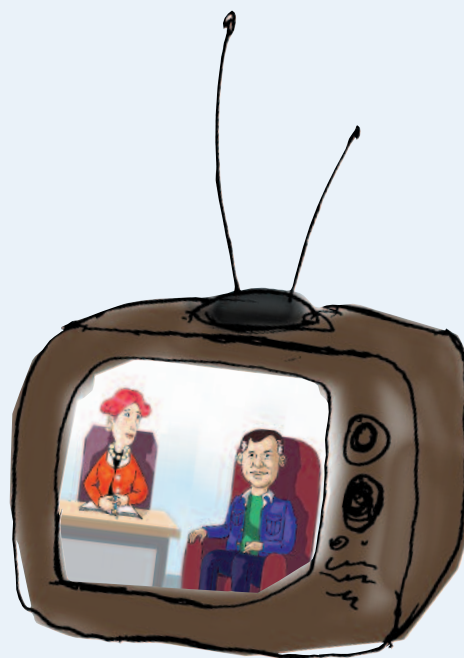
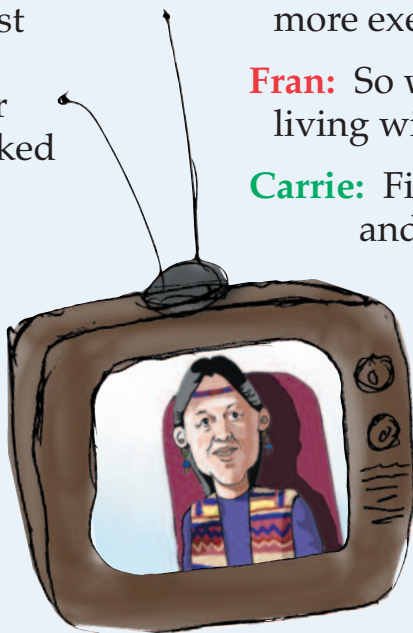
Tom: I was amazed. As soon as I stopped nagging, things got better.

Carrie: Now I'm working on getting more exercise.

Fran: So what's your secret for living with diabetes?

Carrie: First, learn about diabetes and take it seriously. Then try out new things—new activity, new food, new attitudes. If one thing doesn't work, tackle it another way. There's no such thing as failure, as long as you learn from each thing you try.

Tom: I learned that nobody else—even me—can make decisions for Carrie. When she's ready, she'll do it. And I learned the secret to successful nagging: Know when to quit!





Let's Make a Plan

If you're ready to plan for change, choose a goal and then answer these questions.

Your plan will help you reach your goal, step by step.

If you want, copy this page before you fill it out. Then you can use it to make a plan for each change you want to make.

What's hard for me? What do I want to change? What's my goal?

Example: I want to lose weight.

Why do I want to make this change?

Example: I'm unhappy with the way I look and feel.

Why haven't I made this change before?

Example: I didn't take the time to go to an exercise class or a gym.

How can I work around these problems?

Example: I can think of a way to exercise that's low-cost or free and doesn't take a lot of time.

Here's my plan (what I'll do and when I'll do it):

Example: I'll go for a walk 3 mornings a week for half an hour.

Here's what I need to get ready:

Example: I need walking shoes that fit well.

What might get in the way of making this change?

Example: In bad weather, I won't want to walk outside. I can walk inside instead.

Here's how I'll reward myself:

Example: If I stick with my plan this week, I'll rent a video.

News Flash!

- You can make a plan that will work for you.
- Make changes one at a time.
- Ask for support from friends, family, and your health care team.
- Celebrate your successes—big and small!

Mission Possible

John is really down. He feels like he can't make any progress. Just this week, he missed two workouts and ate more than he planned to at a friend's party. His blood sugar went up. Diabetes care seems too hard and takes too much effort.



The *Mission Possible* team's assignment (should they choose to accept it) is to help John get back on track. Here's a look at their advice.

- Figure out what works for you and what doesn't.
- Use what you learn to change your care plan or to solve the problem.
- Start over if you need to. Every day is a new chance to do something good for yourself.
- Ask for the support you need. Many people want to help, but sometimes they don't know how. Tell them what you need.
- Be an active member of your health care team. Ask questions. Be honest about what changes you want and are able to make.
- Think about your feelings. Be honest with yourself. Exercise, quiet time, prayer, and talking with a friend can help you deal with your feelings.
- Believe you can succeed—it helps.

Tune in to learn more:

To get more information about diabetes, contact the American Diabetes Association:

- Call 1-800-DIABETES (342-2383)
- Go to www.diabetes.org

Notes:

My health care professional



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