

Coping with Diabetes

Learning Objective	Behavior	Learning Method and Materials
1. Discuss some ways you can cope with diabetes.	1. Try some of the coping strategies.	1. Written material " Coping with Diabetes " and class discussion.
2. Discuss how denial can affect your diabetes care.	2.	2. Written material, " Coping with Denial, Anger and Depression " and class discussion.
3. Discuss the kind of comments that mean you may be denying or avoiding some part of your diabetes care.	3. Know when you are avoiding or denying parts of your diabetes care	3. Written material, "Coping with Denial, Anger and Depression" and class discussion.
4. Discuss ways to change the denial to action.	4. Use a strategy to fight denial.	4. Written material, "Coping with Denial, Anger and Depression" and class discussion.
5. Discuss the difference between occasional depression and serious depression.	5.	5. Written material "Coping with Denial, Anger and Depression" and class discussion.
6. Discuss how depression can affect diabetes care.	6. Recognize the symptoms of depression when you have them.	6. Written material "Coping with Denial, Anger and Depression" and class discussion.
7. Discuss the nine symptoms of depression.	7. Talk with your provider if you have three or more symptoms of depression that have lasted more than two weeks.	7. Written material "Coping with Denial, Anger and Depression" and class discussion.
8. Review the treatment options for depression.	8.	8. Written material "Coping with Denial, Anger and Depression", " Denial Worksheet " and class discussion.

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<p>9. Discuss why diabetes and anger sometimes go together.</p>	<p>9. Determine if your response to diabetes is anger. Complete work sheets on anger.</p>	<p>9. Written material "Coping with Denial, Anger and Depression" and class discussion.</p>
<p>10. Review some common signs that anger may a response to having diabetes.</p>	<p>10. If you experience anger recognize the first signs that anger is building and have some strategies to take charge of your anger.</p>	<p>10. Written material "Coping with Denial, Anger and Depression" and class discussion. "Getting to Know Your Anger" Worksheets.</p>
<p>11. Discuss strategies to use when you feel anger start to build.</p>	<p>11. Choose a couple of the ideas to help you cope with diabetes or come up with your own.</p>	<p>11. Written material "Coping with Denial, Anger and Depression" and class discussion. Worksheets on anger</p>
<p>12. Read the list of ideas for coping with diabetes.</p>	<p>12.</p>	<p>12. Written material "Coping with Diabetes" "Debt or Deposit Story" and class discussion</p>