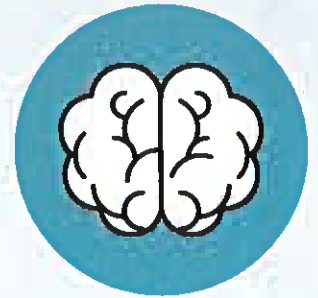# Diabetes and Mental Health

People with diabetes are at increased risk for depression, anxiety, eating disorders, and stress...

TIPS TO IMPROVE MENTAL HEALTH

Improving your mental health can better your concentration, energy, happiness, sleep, mood, and even blood glucose levels!

Affirmations & Gratitude

Valuing yourself and others can strengthen your self-worth and confidence. Speak some positivity!

Move your body

Even a small amount of exercise can make you feel so much better. Go for a walk or dance around! (It helps sugar levels too!)

Surround yourself with people you love

Develop and maintain a positive support system!

Practice self-care

Take a nap, meditate, listen to music, watch your favorite movie ... Do something for YOU!

Seek professional help

Talking to a counselor or therapist can make all the difference. There is NO SHAME in reaching out to a mental health professional.

Diabetes and Nutrition Center of EAMC