



SESSION 5: THE HAPPINESS FACTOR

Session 5 is all about the connection between happy and healthy, including plenty of strategies for finding your own version of happiness, as well as tips on managing stress, practicing self care, and moving your body in a way that brings you joy.

1: HAPPINESS

Being happy leads to being healthy (not the other way around)

- ◆ Happiness: Reduces stress ◆ Strengthens the immune system ◆ Protects the heart ◆ Reduces aches and pains
- ◆ And may even Increase lifespan!

Finding your happy

- ◆ 50% of happiness is genetic, but **40% is totally under your control**

How to be happy (according to science)

- ◆ Do things that release a **DOSE** of the brain's happy hormones: **Dopamine, Oxytocin, Serotonin, Endorphins**
- ◆ Spend time with friends & family ◆ Smile ◆ Listen to music ◆ Go outside ◆ Hug your pet ◆ Help someone
- ◆ Practice gratitude ◆ Breathe deeply ◆ Get plenty of sleep ◆ Move your body ◆ Manage your stress

Importance of stress management

- ◆ Single stressful moments aren't a bad thing, but it can become a problem if it's constant (AKA chronic stress)

Stress management techniques

- ◆ See above, but also: Create a self-care plan of calming strategies, and make time to practice them

2: SELF-CARE PRACTICES

Self-care practices for a healthy mind

- ◆ Remember: Taking time for self-care is important to support your overall health
- ◆ The first step is to make sure you stay hydrated & get enough sleep
- ◆ Next, figure out what brings you joy, and choose your self care to support your happiness

Making time for "me time"

- ◆ Protect your time for self-care — ask for help if you need it, and support your family when they need it, too

Action Plan Write down the self-care practices you'd like to try & set a goal for yourself.

3: MOVEMENT

The many benefits of movement

- ◆ Improved mental health ◆ Better sleep ◆ Brain protection ◆ Weight management ◆ Muscle & bone support
- ◆ Increased energy ◆ Younger skin ◆ Fewer aches & pains ◆ Higher sex drive

Movement for diabetes management

- ◆ Regular activity improves insulin response, lowers A1C values, & lowers blood sugar

How much do I need?

- ◆ Just a few minutes of movement each day is enough to make a difference, and...
- ◆ It all counts! 5 mins of stretching, 15 mins of grocery shopping + a 10 min walk = 30 mins daily movement

Two types of movement

- ◆ **Intentional movement** is planned activity like a workout video, a yoga class, or a sweat session at the gym
- ◆ **Everyday activity** is all the movement you do throughout the day like walking the dog or doing the laundry

Make movement a habit

- ◆ Schedule it ◆ Use a trigger ◆ Try incentive bundling ◆ Make a friendly bet ◆ Experiment, experiment, experiment!
- ◆ When you move your body in a way you love, it becomes something you *get* to do, not something you *have* to do

Movement goals

- ◆ Your goals are personal to your own abilities & comfort level — talk to your care team if you need help

Guidelines for people with diabetes

- ◆ Wear comfortable footwear ◆ Avoid extreme high heat ◆ Always keep a quick sugar snack handy

Action Plan: Write down how you are already moving your body each day, then:

- ◆ Make a plan to increase your everyday activity, and...

- ◆ Try new things to find a way to move your body that brings you joy



SESSION 6: MIND TUNE UP

Session 6 provides a helpful tool for finding your focus and balancing your energy to manage stress, and dives into depression and how to manage feeling low. Plus, learn about sick days and come up with your own plan for how to handle them.

1: WHEEL OF LIFE

Types of stress

- ◆ Ambient anxiety ◆ Family stress ◆ Work stress ◆ Financial stress ◆ Life changes

Wheel of Life

- ◆ Use the Wheel of Life handout to bring awareness to how you're investing your energy on a daily basis.

Using the Wheel for stress relief

- ◆ Spread out your focus on the areas of the Wheel and see how it makes you feel.

2: THE LOW DOWN ON FEELING LOW

The gut-depression connection

- ◆ 90% of the happy hormone serotonin is created in the gut, so diet has a direct affect on mood

The prevalence of depression

- ◆ 25% of Americans struggle with depression at any given time, but most people deal with at some point

The pressure to heal

- ◆ Depression is more common among people with diabetes due to all of the expectations of condition management

Depression's sneaky symptoms

- ◆ Mood swings ◆ A need to feel busy ◆ Aches & pains ◆ Chronic indecision ◆ Insomnia ◆ Heavier drinking

Dealing with depression

- ◆ Move more ◆ Sleep more ◆ Spend time with loved ones ◆ Help others ◆ Smile ◆ Get outside ◆ Just breathe
- ◆ Meditate ◆ Create a routine ◆ Try something new ◆ Talk it out ◆ Practice gratitude ◆ Vitamins & supplements
- ◆ Even foods like berries, leafy greens, nuts & seeds, salmon & lean proteins can help

3: SICK DAYS

What are acute complications?

- ◆ Health problems that come on quickly and last for a short period of time
- ◆ Can be triggered by many factors, including infection, illness, stress, dehydration, sunburn & others

Hypoglycemia is the most common acute complications

- ◆ Remedy it using the **Rule of 15: Eat 15g carbs, wait 15 min, test blood sugar**

Diabetic hyperglycemic hyperosmolar syndrome (HSS)

- ◆ HSS happens when blood sugar levels reach 600 and requires medical attention
- ◆ Call 911 if you notice drowsiness with confusion, hallucinations, vision loss, or convulsions

The Somogyi effect & dawn phenomenon

- ◆ Both result in high morning blood sugar, but have different triggers
- ◆ The Somogyi effect may triggered by taking insulin at bedtime
- ◆ The dawn phenomenon may be triggered by the natural release of glucose from the liver at waking

Diabetic ketoacidosis (DKA)

- ◆ DKA is a buildup of ketones in the blood, and it is a serious condition
- ◆ DKA is more common in T1 diabetes, but it can occur during times of high stress or illness in those with T2 diabetes

Sick days plan

Action Plan: Track blood sugar ◆ Eat carbs ◆ Stay hydrated ◆ Check your meds

Support your immune system by:

- ◆ Managing stress ◆ Sleeping enough ◆ Moving your body regularly ◆ Maintaining a healthy weight
- ◆ Not smoking ◆ Eating lots of fruits & veggies

Action Plan: Write down your triggers & what triggers your triggers