



SESSION 5: THE HAPPINESS FACTOR

Did you know that being happy actually leads to being healthy?

Most people believe that happiness follows being healthy – but really, it's the other way around.

Use this sheet to focus on what happy means to you.

1: HOW CAN YOU BOOST HAPPINESS?

Which idea sounds best to you? Write down your favorite:



2: PHOTO HUNT

Pick 3-4 photos that make you happy & describe them here:



How did you feel when looking at those photos? (e.g. light, warm & fuzzy, energized, etc.)



3: WHAT'S YOUR HAPPY?

What are all the things you can try to increase happiness?



5: WHAT'S YOUR SELF-CARE GOAL?

What's your own personal goal for self-care? (e.g. finding more time for "me" time, improving overall sleep quality, getting in touch with your spiritual beliefs, reducing stress, or developing a more positive mindset)



What's one small step you can take TODAY?



6: WHAT MOVES YOU?

What are some ways that you love to move your body?



7: MAKE A MOVEMENT PLAN

Fill in the blank

I currently spend _____ minutes moving my body intentionally everyday. I already _____ everyday.

I've always wanted to try _____. I will schedule time to try it _____.



SESSION 6: MIND TUNE UP

Use the Wheel of Life for finding your focus and balancing your energy to manage stress, and then refer to this sheet for exploring feelings of depression and how to manage to manage them. Plus, learn about sick days and come up with your own plan for how to handle them.

1: THE LOW DOWN ON FEELING LOW

Which strategies would be most helpful to you when you find yourself feeling low? (circle)

Move more Sleep more Spend time with others Help others Smile Get outside Just breathe Meditate
Practice gratitude Create a routine Try something new Light therapy Vitamins & supplements Depression-fighting foods
Talk it out Other: _____

2: WHAT ARE YOU GRATEFUL FOR?

Write down 3 things that you're grateful for in this moment.



3: SICK DAY PLAN



Check blood sugar every 3-4 hours



Ask your pharmacist about over-the-counter meds



Ask about adjusting insulin dosage



Stay hydrated & eat some carbs

4: BLOOD SUGAR TRIGGERS

What are some things you have noticed that affect your blood sugar?



What can you do to reduce those triggers?

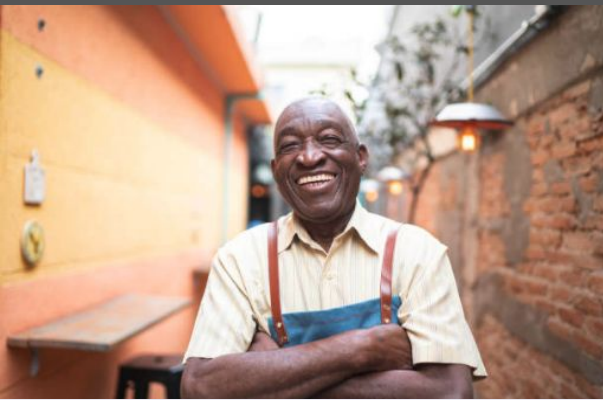


What triggers your triggers?



How have you successfully dealt with those triggers in the past? Or how could you in the future?





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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.

NOTES FROM SESSION

Any ah-ha moments? Jot down some of the key ideas you want to remember.

IDEAS I'D LIKE TO TRY

Were there any strategies that sound interesting?





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Worksheet: Asking for Help

Whether you struggle with asking for help — or have family members that need a little extra prodding to lend a hand — try using this worksheet to get the ball rolling.

When you're in the center of a tough situation, it can be difficult to express your needs. Here are a few examples that may ring true for you and help explain how you feel to your loved ones.

Observations

- I don't have any help with the dishes
- I see you roll your eyes
- We eat fast food
- I see you eating treats
- You stay late at work every day
- We sit on the couch all day

Feelings

- Frustrated
- Overwhelmed
- Anxious
- Upset
- Angry
- Ashamed
- Jealous
- Restless

Needs

- ...for "me time"
- ...to be understood
- ...for compassion
- ...to eat food that works for me
- ...for support

Requests

- ...trade off days cleaning up after dinner?
- ...cook together twice a week?
- ...enjoy your treats when I'm not around?
- ...join me for a walk each Saturday?

When _____
(this happens - judgement free observation)

I feel _____
(feeling)

because _____
(specific need is/is not met)

Would you be willing to _____

(specific and timely request)

Examples:

When I have to do all the laundry, I feel overwhelmed and tired because my need for additional rest is not met. Would you be willing to wash, dry and fold the children's laundry once a week?

When we meet up at restaurants that don't offer many vegetable options, my blood sugar is out of whack the next day, which makes me anxious. The next time that we go out for dinner, would you be willing to try a new place that has more options on the menu?

When you stay out late without letting me know, I feel scared because my need for intimacy is not met. Would you be willing to text me if you're going to be out past a certain time?

Exercise Tips



Let's move our bodies!
Check out this tip sheet for a few ideas of what you should keep in mind to move your body safely.

	What?	How?
Be Aware of Your Body	If something doesn't feel right, stop and reassess what you're doing.	Be mindful of your movement. Where are you <i>supposed</i> to be feeling the exercise and where do you <i>actually</i> feel it?
Warm Up and Cool Down	Help prevent injuries by giving your body time to adjust.	Move slowly at the start of activity, and cool down with slow stretching.
Pace Yourself	Have at least one recovery day each week.	Make your recovery day fun! How about a relaxing bath?
Mix it Up	Reduce your risk of overtraining.	Try different ways to move, and find something new that you love!
Double Check Meds	Before you head out, double check that you took any and all prescribed medications.	Consider setting a timer to remind you to take your medications every day.
Stay Hydrated	You can lose around 50 ounces of fluid for every hour of exercise.	Bring a water bottle! Drink water before, during and after exercising.
Be Weather Aware	Take it easier in hot weather.	Wear clothing and sunscreen to protect yourself from the elements.
Check Your Form	Try to get the technique right from the beginning to ensure you're using your muscles correctly.	Consider working with a personal trainer at your local health club.
Check Your Gear	Make sure your shoes fit properly and you have everything you need for the activity.	Carry a small gym bag or purse with you that contains essential items like extra socks, a towel, water, a carb snack and meds.



Wheel of Life

Use this handout to bring awareness to which areas of your life may need a bit more attention. A little mindfulness can serve as a great starting point for creating a happier, more well-rounded life.

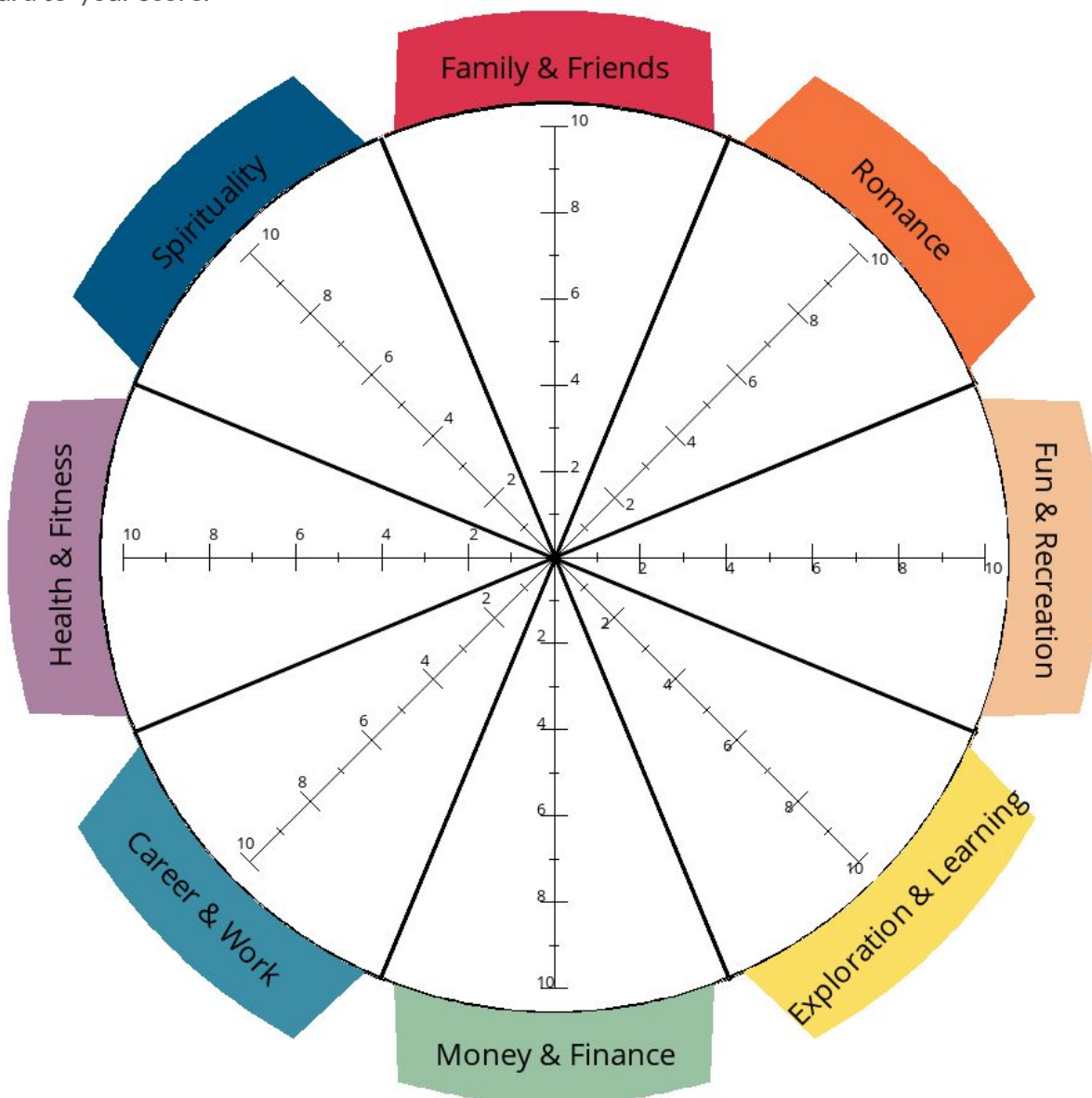
We all tend to focus on some areas of our life more than others. Usually, our strengths tend to zap all of our focus while our weaknesses get a little neglected. Let's bring awareness and focus to where we shine and where we might need some work.

Directions:

- Give yourself a 1-10 score for each of the categories below
- 1 = "could use more attention" and 10 = "I'm feeling fulfilled & satisfied in this area!"
- Shade in each section of the pie from the center outward to your score.

Questions to ask:

- How balanced is your wheel?
- Which areas need a little extra TLC and which areas are thriving?
- What Tiny Action can you take to increase your rating in a specific area?





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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



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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

