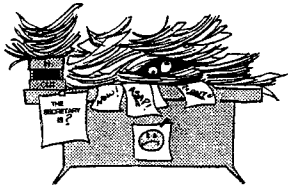


Session 15: You Can Manage Stress.



Stress is tension or pressure.
Many people react to stress by overeating or being inactive.

What kinds of things make you feel stressed?

What is it like for you when you get stressed?

Ways to prevent stress:

- Practice saying, “No.”**
Try to say “Yes” only when it is important to you.
- Share some of your work with others.**
- Set goals you can reach.**
- Take charge of your time.**
 - Make schedules with the real world in mind.
 - Get organized.
- Use problem solving:**
 - Describe the problem in detail.
 - Brainstorm your options.
 - Pick one option to try.
 - Make an action plan.
 - Try it. See how it goes.
- Plan ahead.**
 - Think about the kind of situations that are stressful for you.
 - Plan for how to handle them or work around them.
- Keep things in perspective. Remember your purpose.**
 - Think of all the good things in your life.
 - Remember why you joined the DPP.
- Reach out to people.**
- Be physically active.**

When you can't avoid stress:



- Catch yourself feeling stressed as early as you can.
- Take a 10-minute “time out.”
 - Move those muscles.
 - Pamper yourself. Just take 10 minutes for YOURSELF.
 - Breathe. Try this: Take a full, deep breath. Count to five. Then let go of your breath slowly. Let the muscles in your face, arms, legs, and body go completely loose.

The DPP may cause stress.

Possible source of stress	Way(s) to manage stress	Examples
Extra time spent in food preparation, shopping.	<ul style="list-style-type: none"> • Share some of your work. • Take charge of your time. 	<ul style="list-style-type: none"> • Ask spouse to help shop. • Make double recipes. Freeze part for later.
Feel deprived when can't eat favorite foods.	<ul style="list-style-type: none"> • Set goals you can reach. • Keep things in perspective. 	<ul style="list-style-type: none"> • Allow yourself to have favorite foods in small amounts now and then. • Remind yourself how important preventing diabetes is to you.
Upset if your family doesn't like low-fat foods.	<ul style="list-style-type: none"> • Reach out to people. • Use the steps for solving problems. 	<ul style="list-style-type: none"> • Ask your family to support your efforts to try new foods. • Discuss your feelings and your commitment to weight loss with your family. Brainstorm options with them. Try one.
Feel uncomfortable participating in social activities where high-fat foods are available.	<ul style="list-style-type: none"> • Practice saying, “No.” • Reach out to people. • Plan ahead. 	<ul style="list-style-type: none"> • Turn down invitations that aren't important to you. • Call the host or hostess ahead and ask what will be served and if you can bring a low-fat dish. • Before you go to a party, plan what foods you will choose.
Feel stressed by trying to fit activity into an already busy schedule.	<ul style="list-style-type: none"> • Plan ahead. • Problem solve. 	<ul style="list-style-type: none"> • Make an appointment to be active. • Combine activity with other events you plan to do anyhow. (Take a walking meeting. Go hiking with the family.)



How does the DPP cause you stress?

Other major sources of stress for you:

Choose one source of stress. Make a positive action plan:

Problems
can be solved.

I will: _____

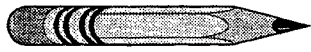
When? _____

I will do this first: _____

Roadblocks that might come up: _____ I will handle them by: _____

I will do this to make my success more likely:

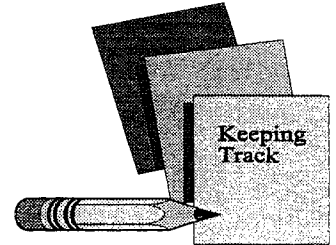
How can we help you?



To do next week:

I will:

- Keep track of my weight, eating and activity.**
- Try my action plan for managing stress.**



Did it work? If not, what went wrong?

