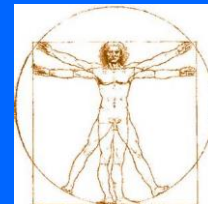




# Put Life Back in Your Life!



## Diabetes Self-Management Program Workshop Overview

|  | Week<br>1 | Week<br>2 | Week<br>3 | Week<br>4 | Week<br>5 | Week<br>6 |
|--|-----------|-----------|-----------|-----------|-----------|-----------|
| <b>Overview of self-management and diabetes</b>                              | *         |           |           |           |           |           |
| <b>Nutrition / Healthy Eating</b>  | *         | *         | *         | *         |           |           |
| <b>Making an action plan</b>   | *         | *         | *         | *         | *         |           |
| <b>Monitoring diabetes and blood sugar</b>                                   | *         | *         | *         | *         | *         | *         |
| <b>Problem-solving</b>   |           | *         | *         | *         | *         | *         |
| <b>Feedback</b>  |           | *         | *         | *         | *         | *         |
| <b>Dealing with stress</b>   |           | *         |           |           |           |           |
| <b>Preventing low blood sugar</b>  |           |           | *         |           |           |           |
| <b>Preventing complications</b>  |           |           | *         |           |           |           |
| <b>Making decisions</b>  |           |           | *         |           |           |           |
| <b>Physical activity / Exercise</b>  |           |           | *         |           | *         |           |
| <b>Difficult emotions</b>  |           |           |           | *         |           |           |
| <b>Depression</b>  |           |           |           |           | *         |           |
| <b>Positive thinking</b>   |           |           |           |           | *         |           |
| <b>Relaxation techniques</b>   |           |           |           |           | *         |           |
| <b>Communication</b>   |           |           |           |           | *         |           |
| <b>Sick days</b>   |           |           |           |           |           | *         |
| <b>Foot care</b>   |           |           |           |           |           | *         |
| <b>Medication</b>  |           |           |           |           |           | *         |
| <b>Working with your health care professional<br/>and health care system</b> |           |           |           |           |           | *         |
| <b>Future plans</b>  |           |           |           |           |           | *         |

## Homework by Session

*Book: Living a Healthy Life with Chronic Conditions, 5<sup>th</sup> Edition*

### **Session 1:**

- On 2 days, one work day & one non-work day, monitor blood sugar once in AM before eating, once 2 hours after a meal & once after exercising. Write down all you eat on same two days, take note of what learned.
- Reading: Chapters 1, 2, 10, and 14. Especially food guide pages 267 - 274.
- Keep track of your action plan.

### **Session 2:**

- Keep track of what & when you eat 2 days, one weekday & one weekend day.
- We will be covering decision-making next time; think of something for which you need to make a decision & have it ready next week.
- Reading: Chap 10, pages 338 - 343.
- Keep track of your action plan.

### **Session 3:**

- Pay attention to labels of favorite foods; see if eating hidden fat & if saturated or non-saturated.
- Look at serving sizes on labels of foods; bring 1-2 labels next week & be prepared to tell what you have discovered.
- Reading: Chapters 6 and 7, pages 27-28, 177-179, 239 – 240, and 351 - 352.
- Keep track of your action plan.

### **Session 4:**

- Reading: Chap 10, pages 110 - 116.
- Reading food labels; try having smaller servings of foods high in carbohydrates and/or fats.
- Keep track your exercise each day.
- Keep track of your action plan.

### **Session 5:**

- Pay attention to the types of thoughts you have about yourself; try to replace negative ones with positive ones.
- Keep track of exercise one weekday & one weekend day; be prepared to share what learned.
- Monitor your blood sugar before & after eating AND before and after exercise twice and be prepared to talk about it and if you have seen any changes since you did this five weeks ago.
- Reading: Chap 6, pages 166 – 175, 150 – 154, and 137 -148.
- Call, email or write letter to your provider about what you have accomplished. If not pleased, write letter to the workshop's developers explaining. Address: **Self-Management Resource Center**, 711 Colorado Avenue, Palo Alto, CA 943043 or [smrc@selfmanagementresource.com](mailto:smrc@selfmanagementresource.com). You don't have to mail or show these letters, but bring them with you next week for your own use in the sharing activity.
- Keep track of your action plan.

### **Session 6:**

- Create and/or update a medication list and keep it current.
- Reading: Pages 289 – 294, 345 – 347, and 351 - 352.
- Continue using your action plans as a support.