

**Healthy Coping**  
Being positive about your ability to manage your disease and in your relationship with others.

diabeteseducator.org/living-with-diabetes/aade7-self-care-behaviors/healthy-coping

# Living with Diabetes

## ...Healthy Coping Strategies

- Using available resources to respond favorably to life challenges
- Surround yourself with people who would support you
- Take all the necessary steps to manage your diabetes
- Learn all you can about diabetes



**IDENTIFY  
THE PROBLEM**



**FIND  
SOLUTIONS**



**TAKE  
ACTION**



**IMPROVE  
YOUR SKILLS**



### References

1. Association of Diabetes Care & Education Specialists (ADCES). AADE7 Self-Care Behaviors. Accessed March 1, 2020 from [diabeteseducator.org/living-with-diabetes/aade7-self-care-behaviors](https://diabeteseducator.org/living-with-diabetes/aade7-self-care-behaviors)
2. National Institute of Diabetes and Digestive and Kidney Disease (NIDDKD). Diabetes, Diet, Eating & Physical Activity. Accessed March 11, 2020 from [niddk.nih.gov/health-information/diabetes/overview/diet-eating-physical-activity](https://niddk.nih.gov/health-information/diabetes/overview/diet-eating-physical-activity)
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