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

IDENTIFY THE PROBLEM

FIND SOLUTIONS

TAKE ACTION

IMPROVE YOUR SKILLS

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

References:
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