

# Living with Diabetes

## Problem Solving...

- Everyone experiences problems. People with diabetes tend to have additional problems related to healthy eating, monitoring, taking medication, and being active.
- Identifying the real problem, finding solutions, and taking the best possible course of action is part of the problem solving process.

**Problem Solving**  
Identifying ways to solve a problem; carrying it out to see if it works; and thinking about alternative courses of action when it does not.

diabeteseducator.org/living-with-diabetes/aade7-self-care-behaviors/problem-solving



**COPING STRATEGIES**



**GETTING HELP**



**START A CONVERSATION**



**SUPPORT NETWORKS**