

How to Cope with Being Told You Are Diabetic

When your doctor confirms a diabetes diagnosis, it's normally a moment of shock and disbelief.

The first thought that'll probably pop up in your head is why me? You may start to blame yourself for past actions or inactions; imagine terrible times ahead; be nervous about future treatments and medications; and wonder how the condition will affect your life and future health.

The good news these days is diabetes is not a death sentence, actually far from it. While it is true some things will be different, other things will remain pretty much as they have been. Yes, diabetes is a 24/7 disease, but it does not require 24/7 management. You will learn what you need to do, when to do it and how to do it, and still have plenty of time to have an enjoyable life!

Coming out on top emotionally

- Be patient with yourself

How you feel about your diabetes will change. The immediate sense of overwhelmedness will lessen over time as you learn more about your condition and how to keep it under control.

- Don't neglect your passions and your hobbies

They are important for your well-being and your outlook, so keep at them. And if you happen to come across a new one or two – by all means welcome and embrace them!

- Open up to those you trust / Stay in contact with your support network

This can include family, close friends, a diabetes support group, your doctor(s) and possibly a psychiatrist. Share with them what you are feeling, what you are experiencing, and they will be there for you. They say a problem shared is one already halfway solved.

Having a “team” on your side is one of the best ways to keep your heart in the game day in and day out.

- Take care of yourself

It goes without saying you need to care of yourself physically. This means a lot of things, including a diabetes-healthy diet, plenty of sleep, drinking up to 64 oz. of water a day, following your prescribed medical routines, and keeping all your appointments with your doctor.

- Keep your rose-colored glasses on

Be optimistic as you adjust to your new situation. As your mind goes, your outlook will follow – and vice versa.

Positive emotions likewise breed positive thoughts and positive actions. As you adapt, don't be surprised if you start feeling optimistic, determined, relaxed, and maybe even a touch happier!

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