



The 7 areas that you can work on to improve your diabetes are:

- **Healthy Eating** - Decrease portions, eat at regular times, add whole grains, fruits and vegetables.
- **Being Active** - Increase activity by walking, swimming or biking, take the stairs, park farther away.
- **Monitoring** - Check blood sugar, record results, keep a journal. Monitoring can also include weight and blood pressure.
- **Taking Medicines** - Take the right amount at the right time, learn how your medicine works and what the side effects are.
- **Problem Solving** - Take care of high and low blood sugars, sick days, know who to call and when.
- **Reducing Risks** - Stop smoking and start preventive care: get dilated eye exams, foot care, flu and pneumonia shots, and dental care.
- **Healthy Coping** - Know when to ask for help and who you can talk to when you feel stressed or overwhelmed.

Pick something important to you and break your larger goals down into small steps that you can really achieve!

Caring for diabetes takes time and commitment, but it's worth it! Keep in mind that change takes time. Once you choose a goal, break down the steps you will take this week to reach that goal. Think of these as experiments, or things you will try to see if they work. Think about why and what you will do differently next week if something didn't work.

Be patient with yourself and take it one day at a time.

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