

# You Are Not Broken

Living with a chronic illness can be a stressful event. **Simplify your daily routine** and make the necessary changes to live a great quality of life. Diabetes can have an impact on your mental and emotional health. Take heed to things you can do to minimize stress while adjusting to life with diabetes. **Plan ahead** and take charge of your health care. While learning about life with diabetes, consider speaking with your Mental Health Professional about prioritizing your mental health. Half the battle is feeling emotionally well. **Therapy provides** an environment of empathy, compassion, nonjudgement, and support to help you overcome obstacles and lessen emotional strain to move forward and thrive. Take small steps toward big change.

**Staying active** has positive mental health benefits, ease stress and anxiety. Arm yourself with as much information as possible about diabetes and seek out support when needed. **Good relationships** are good for your mental wellbeing. Find tools that help you to relax, focus, unwind, and live more mindfully. Collaboration is all about getting the best results and the best possible result through working together. Keep your health care team informed. **Be mindful** of your body and its changes effected by diabetes and consult with your physician as needed. Let us help. Call the clinic to schedule an appointment with our CareATC Provider and Mental Health Professional.

## Things you can do to help reduce stress:

*"Learn from yesterday, live for today, hope for tomorrow." -Albert Einstein.*



Get adequate sleep



Exercise regularly



Eat well



Try relaxation exercises, for example meditation or yoga



Self-care, make time for yourself and doing things you enjoy

Reach out to the CareATC Health Center to schedule an appointment with your provider to discuss your mental health needs or concerns.

If you are feeling suicidal and need immediate assistance, contact the National Suicide Prevention Lifeline at 800-273-8255 or text 7141741. Help is available 24 hours per day, 7 days a week. **You are never alone.**

### Three easy ways to schedule an appointment:

📞 800.993.8244    💻 [www.careatc.com/patients](http://www.careatc.com/patients)    📱 CareATC app



THE  
POWER  
TO BE WELL.