

## **CDC Your Diabetes Compass Mini Documentary Stories**

### **Michelle's Story – Importance of Self-Care**

Described Audio Transcript (min:sec)

00:00 Soothing music begins to play and continues through the end of the video. Woman with long braids sits at a work desk with a headset on her head. She looks at the person on her computer screen as she talks

[Michelle] >> Yes. So let's talk about your numbers. You said you had your doctor's appointment last week. Tell me, how did it go? Okay. My name is Michelle Joshua

00:10 Michelle on screen interview. She is outside at a park surrounded by grass and a pond in the distance.

>> and I am a clinical nurse specialist and nurse practitioner, as well as a diabetes care and education specialist. I've been in the nursing practice for more than 20 years.

00:20 Shot of cabinet containing memorabilia, including statues of people, an elephant, books, and a framed quote that says "Great women support great women who support great women."

>> 26 years ago, I was diagnosed during pregnancy with gestational diabetes and that was my first introduction to diabetes and learning anything about it and how to manage it.

00:30 Medium shot of Michelle talking on the phone at her work desk.

>> Being at risk for developing diabetes later on

00:35 Michelle on screen interview.

>> in life gave me a lifelong passion for working with people with diabetes and how to care for themselves with this chronic condition.

00:46 Close shot of Michelle on talking on her headset.

>> As black women, we carry so many different loads. We carry the load of the family,

00:52 Close shot of Michelle typing on her laptop.

>> we carry the load of work. We carry the load sometimes of helping our elderly parents.

00:59 Michelle on screen interview.

>> We're in a sandwich generation and we're carrying loads for generations behind us, generations to come, and we tend to do everything for everyone else except for ourselves, and that's not self-care.

01:11 Michelle sits at a small table on her front porch sipping tea.

>> Self-care is taking the time to get the rest that you need, addressing your health issues because we can't help our children, our parents, our brothers and sisters,

01:21 Michelle on screen interview.

>> if we're not healthy, if we're not taking care of ourselves.

01:25 Gentle music fades, CDC logo fades up with text, "To learn more about managing your diabetes, visit [yourdiabetescompass.cdc.gov](http://yourdiabetescompass.cdc.gov)."