## PREPARING YOUR VILLAGE: FAMILY, FRIENDS & DIABETES

Here are some general tips you can share with family and friends to help them support you in managing your diabetes journey:



If you notice them being more careless about monitoring their blood sugar or overwhelmed about taking care of themselves lovingly, nudge them toward healthy stress relievers.

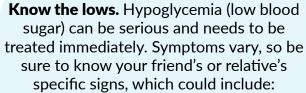
**Ask** your friend or relative how you can help, and then listen to what they say.

**Learn** about diabetes causes, symptoms, treatments, and medications.

**Go to appointments** if it's OK with your relative or friend.

**Avoid blame.** Many people with type 2 diabetes are overweight, but being overweight is just one of several factors involved. And blood sugar levels can be hard to control even with a healthy diet and regular physical activity.

**Walk the talk.** Follow the same healthy food and fitness plan as your loved one; it's good for your health too.



Shakiness
Hunger or nausea
Blurred vision
Weakness or fatigue
Nervousness or anxiety
Sweating, chills, or clamminess
Irritability or impatience
Anger, stubbornness, or sadness

## Accept the ups and downs.

Moods can change with blood sugar levels, from happy to sad to irritable.

## Be encouraging.

Remind them of their successes. Point out how proud you are of their progress.

**Try not to nag** or lecture them about their habits.

**Give them time** or help them find time in their daily schedule so they can manage their diabetes.

