

Navigating the rough and bumpy lane of managing type 2 diabetes

Maintaining a positive outlook and staying on the winning lane is always simple and straight forward. It can become rough and bumpy. This is because living with type 2 diabetes places additional demands on daily life. These includes:

1. Taking regular blood sugar measurements during the day
2. Taking medications as prescribed
3. Planning, preparing, and consuming the required meals
4. Maintaining regular physical activity daily, weekly, monthly and long run

These demands can become overwhelming and tiresome. It may lead to burn-out in the long run if not well managed.

Once in a while, it is possible to experience all the negative emotions that you experienced at the time of diagnosis

These negative emotions can get worse when poor results are achieved despite best efforts at medication adherence and lifestyle changes.

Coping tips that will help you navigate through this rough and bumpy road of self care and management are;

1. Continue to seek and get up-to-date information about self-care and treatment tips
2. Use tools that help you to manage self care. There are a wide range of digital applications that help with blood sugar monitoring, meal planning, physical activity and medication adherence
3. Work with a lifestyle coach and/or educator. They will provide day-to-day support to any challenges you may encounter
4. Thrive to learn how to manage stress, anger, difficult situation, strengthen relationships etc.
5. Work with a medical team that is committed to helping you achieve the best results. Avoid working with a medical team that is judgmental, impatient and not committed to helping you cope with challenges.
6. Build a network of supporters. This may include family members, friends, and work colleagues. It may also be important to join a diabetes support group. This may be online or within your community. Have frequent discussions about your health and provide regular updates.
7. If you are not living alone, make sure people around you understand why you must eat and live differently.
8. If you have and manage a family, make sure the lifestyle changes are done in a manner that includes your family. For instance, use physical activities that are family friendly

sometimes in the week and adapt meal plans to include the family. Remember, this may be an opportunity to help other family members to learn lifelong healthy eating habits.

9. Ensure that your self-care strategies align with your preferences, budget, and routine. For example, avoid meal plans that are not made up of food that is not readily available in your location and is also be very expensive. For instance, monk fruit is the new rave for replacing sugar but it is very expensive and not readily available.