MANAGING DIABETES
DURING STRESSFUL & IRREGULAR TIMES

OUR QUICK TIPS

- ITEMS YOU NEED TO HAVE ON HAND
- KEEPING BLOOD GLUCOSE IN CHECK
- FOCUS ON KEEPING FOODS IN YOUR PLAN
- STAYING ACTIVE
- BEING FLEXIBLE

BE PREPARED

HAVE A DIABETES CARE PLAN FOR TIMES WHEN YOU MIGHT NOT HAVE ACCESS TO ALL YOUR REGULAR ITEMS.

BE PREPARED

ITEMS TO KEEP A 2 WEEK EXTRA SUPPLY

MEDICATION
Having a 2 week supply of extra medication helps when supplies my be unavailable.

BLOOD GLUCOSE MONITORING SUPPLIES
Extra lancets, test strips, and batteries will help to keep your blood monitoring on schedule.

SHELF-STABLE QUICK GLUCOSE SOURCES
Sources such as glucose tablets, regular soda, fruit juice or hard candies can be stored without refrigeration.

CHECK-IN MORE OFTEN

Stress and changes to your routine may cause changes in your blood glucose. During these times, check your blood glucose for lows and highs.

80-130 MG/DL	BEFORE AND IN-BETWEEN MEALS
<180 MG/DL	TWO HOURS AFTER A MEAL
90 - 150 MG/DL	BEFORE BEDTIME

CREATE YOUR HEALTHY PLATE

1 serving of low-fat dairy

1 serving of fruit

1/4 lean protein

1/4 starchy vegetables or grain

1/2 non-starchy vegetables

While you might not have your everyday foods, choose foods that are part of a healthy plate more often.

CHOOSE LESS OFTEN

HIGH FAT AND SODIUM, SUGAR FOODS

CHOOSE MORE OFTEN

WHOLE GRAINS, NON-STARCHY, LEAN PROTEIN FOODS

WHAT DO YOU DO?

DIFFERENT FOOD THAN NORMAL?

Choose from the foods available to make your plate look like the plate above more often.

OUT OF YOUR NORMAL ROUTINE?

Try to stick to a normal schedule and meal pattern as best you can.

FEELING TEMPTED BY FOOD?

Get out and get moving or remove the foods which might tempt you to not create a healthy plate.

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WHAT TYPES OF ACTIVITY DO YOU LIKE?

GET MOVING

Being active can help in keeping blood glucose levels in recommended ranges.

GET OUTSIDE

Go for a 15 to 30 minute leisurely walk or run. This helps get some fresh air and sunshine!

TRY AN ONLINE VIDEO

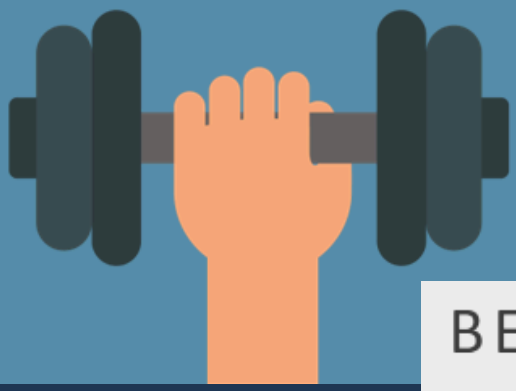
Logon to an online fitness site or find a video on YouTube to do some exercises.

DON'T FORGET THE STRENGTH

Find items around your home or use your own body weight to do resistance activities.

ALL MOVEMENT COUNTS.

BEING ACTIVE NOT ONLY REDUCES STRESS BUT HELPS LOWER YOUR BLOOD GLUCOSE FOR UP TO 12 HOURS.



BE FLEXIBLE

Give yourself a little break. During certain times, we may not have all the items we are used to having. Just make the best choice more often than none.

"The hardest decisions in life are not between good and bad or right and wrong, but between two goods or two rights."

– JOE ANDREW