

FIVE TOP TIPS

FOR DIABETES EMOTIONAL WELLBEING DURING COVID-19

Created by Renza Scibilia, Diabetogenic



1. CURATE YOUR SOCIAL MEDIA FEEDS!

You don't need to see doom and gloom constantly. Get rid of anything that insists you should be feeling a certain way, or that makes you want to bury your head in a pillow for the foreseeable future.



2. STAY CONNECTED TO YOUR TRIBE.

Link in with those with diabetes who you can lean on and support.



3. IF YOU CAN, GET SOME FRESH AIR.

I've found that going for short walks around our neighbourhood and looking at flowers along fence lines has been a really useful distraction. I know that there are different restrictions about exercise in different places around the world, but even stepping outside into the sunshine or pouring rain is a help.



4. FIND SOMETHING THAT IS NOT RELATED TO COVID-19 OR DIABETES TO FOCUS ON.

I've seen some fierce family Scrabble competitions on the go, amazing veggie patches being started, impressive jigsaws being completed on kitchen tables, and knitting and crocheting that is making me wish that I had the smallest ability to be crafty! For me, it's been cooking and baking that has provided some awesome distraction – and delicious food.



5. BE KIND TO YOURSELF.

These are not normal times, so your diabetes management is likely to look a little different. Don't put yourself under unnecessary pressure to manage your diabetes in a particular way. Do what you can and acknowledge how great it is that you've done that.



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Renza Scibilia has lived with type 1 diabetes since 1998. She is a diabetes advocate and activist, promoting a person-centered approach to healthcare. She speaks and writes about topics such as the importance of peer support in diabetes management, and why language matters in diabetes and healthcare.

Renza is the author of one of Australia's most widely-read patient blogs, *Diabetogenic*, (www.diabetogenic.wordpress.com) and writes for many online and print publications.

The content for this leaflet has been provided by Renza Scibilia. Ascensia has paid Renza an honorarium for her services as the author of this leaflet.