

Stress Management for Diabetes Control

Stress can significantly impact blood sugar levels. Implementing effective stress management techniques can help minimize its impact and improve your overall health.

The Link Between Stress and Diabetes

- **Increased Blood Sugar Levels:** Stress hormones can raise blood sugar levels, making it harder to control diabetes.
- **Impaired Insulin Sensitivity:** Chronic stress can lead to insulin resistance, reducing the body’s ability to use insulin effectively.
- **Poor Lifestyle Choices:** Stress can contribute to unhealthy behaviors, such as overeating and lack of physical activity.



Effective Stress Management Techniques

- **Practice Relaxation Techniques:** Engage in activities like deep breathing, meditation, or yoga to reduce stress and promote relaxation.
- **Prioritize Sleep:** Aim for 7-8 hours of quality sleep each night.
- **Regular Exercise:** Physical activity can help reduce stress and improve overall health.
- **Healthy Diet:** A balanced diet can provide the energy and nutrients needed to manage stress.
- **Social Connection:** Spend time with loved ones and engage in social activities.
- **Seek Professional Help:** If stress becomes overwhelming, consider talking to a therapist or counselor.

Let ADS Support Your Diabetes Journey

At Advanced Diabetes Supply (ADS) and US MED, we’re committed to providing you with the highest quality diabetes supplies and care. From glucose meters to insulin pumps, we offer a wide range of products to help you manage your diabetes effectively.

We’re committed to your health. Contact us today for more information.



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