

# Session 15: You Can Manage Stress.

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Stress is tension or pressure.  
Many people react to stress by overeating or being inactive.

What kinds of things make you feel stressed?

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What is it like for you when you get stressed?

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## Ways to prevent stress:

### **Practice saying, “No.”**

Try to say “Yes” only when it is important to **you**.

### **Share some of your work with others.**

### **Set goals you can reach.**

### **Take charge of your time.**

- ❖ Make schedules with the real world in mind.
- ❖ Get organized.

### **Use problem solving:**

- ❖ Describe the problem in detail.
- ❖ Brainstorm your options.
- ❖ Pick one option to try.
- ❖ Make an action plan.
- ❖ Try it. See how it goes.

### **Plan ahead.**

- ❖ Think about the kind of situations that are stressful for you.
- ❖ Plan for how to handle them or work around them.

### **Keep things in perspective.**

#### **Remember your purpose.**

- ❖ Think of all the good things in your life.
- ❖ Remember why you joined the DPP.

### **Reach out to people.**

### **Be physically active.**

## When you can't avoid stress:



Catch yourself feeling stressed as early as you can.  
Take a 10-minute "time out."

- ❖ Move those muscles.
- ❖ Pamper yourself. Just take 10 minutes for **YOURSELF**.
- ❖ Breathe. Try this: Take a full, deep breath. Count to five. Then let go of your breath slowly. Let the muscles in your face, arms, legs, and body go completely loose.

## The DPP may cause stress.

Possible source of stress	Way(s) to manage stress	Examples
Extra time spent in food preparation, shopping.	<ul style="list-style-type: none"> <li>- Share some of your work.</li> <li>- Take charge of your time.</li> </ul>	<ul style="list-style-type: none"> <li>- Ask spouse to help shop.</li> <li>- Make double recipes. Freeze part for later.</li> </ul>
Feel deprived when can't eat favorite foods.	<ul style="list-style-type: none"> <li>- Set goals you can reach.</li> <li>- Keep things in perspective.</li> </ul>	<ul style="list-style-type: none"> <li>- Allow yourself to have favorite foods in small amounts now and then.</li> <li>- Remind yourself how important preventing diabetes is to you.</li> </ul>
Upset if your family doesn't like low-fat foods.	<ul style="list-style-type: none"> <li>- Reach out to people.</li> <li>- Use the steps for solving problems.</li> </ul>	<ul style="list-style-type: none"> <li>- Ask your family to support your efforts to try new foods.</li> <li>- Discuss your feelings and your commitment to weight loss with your family. Brainstorm options with them. Try one.</li> </ul>
Feel uncomfortable participating in social activities where high-fat foods are available.	<ul style="list-style-type: none"> <li>- Practice saying, "No."</li> <li>- Reach out to people.</li> <li>- Plan ahead.</li> </ul>	<ul style="list-style-type: none"> <li>- Turn down invitations that aren't important to you.</li> <li>- Call the host or hostess ahead and ask what will be served and if you can bring a low-fat dish.</li> <li>- Before you go to a party, plan what foods you will choose.</li> </ul>
Feel stressed by trying to fit activity into an already busy schedule.	<ul style="list-style-type: none"> <li>- Plan ahead.</li> <li>- Problem solve.</li> </ul>	<ul style="list-style-type: none"> <li>- Make an appointment to be active.</li> <li>- Combine activity with other events you plan to do anyhow. (Take a walking meeting. Go hiking with the family.)</li> </ul>



How does the DPP cause you stress?

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Other major sources of stress for you:

\_\_\_\_\_

Choose one source of stress. Make a positive action plan:

Problems  
can be solved.

I will: \_\_\_\_\_

When? \_\_\_\_\_

I will do this first: \_\_\_\_\_

Roadblocks that might come up: I will handle them by:

\_\_\_\_\_

\_\_\_\_\_

I will do this to make my success more likely:

\_\_\_\_\_

How can we help you?



## To do next week:

**I will:**

**Keep track of my weight, eating and activity.**

**Try my action plan for managing stress.**

Did it work? If not, what went wrong?

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