

Newsletter 25th April 2019

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We meet in the Diabetes Centre St. Richards Hospital Chichester for 7.30pm. Easy access for wheelchairs. All welcome.

Chichester & District DIABETES UK Group

Know Diabetes Fight Diabetes

Charity Number 215199

Patron Her Majesty the Queen

Our April meeting was extremely enjoyable and very well attended. Our group fully participated in the discussions and questions. This was our first meeting with Rebekah Priest and Karolina Kasperczak Cognitive Behavioural Therapists. Time to Talk Health.

Aims for the session

- To understand the psychological impact of living with diabetes,
- To understand common emotional difficulties and explore some skills how to manage them.
- To explore the use of relaxation to help reduce stress,
- To introduce you to our service – Time to Talk Health.

Ground Rules

- Confidentiality,
- We have a right to speak and a right to remain silent,
- Listen with respect, give space to talk.

Living with diabetes

- Everyone feels stressed, worried and experiences low mood from time to time.
- Although diabetes is a physical health problem, it can affect you and your life in other ways too.
- Managing your diabetes can lead to a number of emotional responses.
- Many people find that they become less active, or start experiencing unhelpful thoughts about themselves, their

health and the world around them.

- This may have an impact on how well someone adheres to medical regimes and thus impacts on the management of the condition – leading to a vicious cycle.

How does living with diabetes affect you?

Please discuss with the person next to you.

2. Please share ideas with the group if you feel comfortable to do so.

Mind- Body link

- Our mind and body are closely linked and a change in one can affect the other.
- Being diagnosed with, and living with, diabetes can have an impact on day to day life and can affect how we feel in ourselves.
- How we feel can have an impact on what we do in our day to day lives and on how we cope with diabetes.

Thinking and Feeling

- Most of the time we are on autopilot, responding to events automatically.
- How we think and respond can be influenced by past events and experiences.

How we think about something causes an emotional response that can lead to a behaviour

Cognitive Behavioural Therapy (CBT)

In CBT, problems are broken down into five main areas:

- situations
- thoughts
- emotional feelings
- physical feelings
- behaviours

CBT is based on the concept of these five areas being interconnected and affecting each other. For example, your thoughts about a certain situation can often affect how you feel both physically and emotionally, as well as how you act in response.

Why use CBT for diabetes?

- Living with diabetes can have a significant impact on an individual's psychological wellbeing, and coping with the day-to-day demands of diabetes can be difficult.
- CBT can help you to better understand the way that you think ('cognitive') and what you do ('behaviour'), and help you to learn skills to interpret situations in a more helpful, more balanced way.
- These changes can help you to feel better, as well as help you to feel more in control of your diabetes.
- The first important skill you will learn in CBT is to identify your own triggers, thoughts, feelings, physical sensations and behaviours.
- This will help you to understand how they interact with each other to maintain your difficulties.

Diary Dates

23rd May
Diabetes
Bariatric
Consultant

**

27th June
Ward
based
Diabetes
Nurse
Specialist

**

**No
meetings**
December
January
July
August

**

**26th
Sept**
Diabetes
Consultant
How the
latest
insulins
work

**

24th Oct
Specialist
Vascular
Nurse

**

28th Nov
Social
Evening

Talking Diabetes

Information details from:
01273 666480 or email your contact
details to sc-tr.LTCreferrals@nhs.net
Or Click online at:
www.sussexcommunity.nhs.uk/ttth

My 5 areas model

1. Take some time to think about a situation this week when living with diabetes affected you,
2. Write down the situation, how you felt emotionally and physically, what thoughts came to mind at the time, and how you behaved in response.

We are here to help!

What is Anxiety?

- Anxiety is an umbrella term that covers a number of feelings and experiences.
- For example, people who describe themselves as 'stressed', 'worried', 'uptight', 'nervous', 'irritable', 'tense', or 'panicky' are all experiencing a form of anxiety.
- It is very common and normal for people to experience feelings of anxiety.

Anxiety - Fight or Flight

- When faced with a physical threat, our body and mind prepares us to be able to fight or run away.
- All of these changes happen for good reasons, to keep us safe, but they can also be experienced in 'safe' situations.
- This same reaction happens even if we just perceive something as a threat, (what we think).
- Take some time to think about what causes your stress,
- Write down your coping strategies.

We are here to help!

How to manage anxiety and stress

- Understanding the 'fight vs flight' response
- Reducing avoidance
- Speak to people close to you
- Problem solving
- Relaxation techniques

Relaxation

Relaxation can help to relieve the symptoms of stress. It can help you calm down and take a step back from a stressful situation.

(NHS choices 2014)

All relaxation techniques combine breathing more deeply with relaxing your muscles.

Once you become used to doing it can make a difference to your mood and to your energy levels. (British heart foundation 2013)

Different strategies

Deep breathing – relaxation starts with breathing. Learning to breathe more deeply can make you feel a lot calmer and increase your sense of wellbeing.

Progressive muscle relaxation – involves a two-step process in which you systematically tense and relax different muscle groups in the body. With regular practice this gives you an intimate familiarity with what tension – as well as complete relaxation – feels like in different parts of the body.

Visualisation – or guided imagery involves imagining a scene in which you feel at peace, free to let go of all tension and anxiety.

Mindfulness- gives us a time in our lives when we can suspend judgment and unleash our natural curiosity about the workings of the mind, approaching our experience with

Are you are wondering how to make use of your used stamps? You can send them By Freepost to: Karen Scott at **The Round House Northney Marina Hayling Island PO11 OBR**. All funds raised will go to Diabetes research.

warmth and kindness—to ourselves and others.

(mindful.org)

What is Low Mood?

- Low mood means different things to different people:
- It can lead to feeling down, depressed or even hopeless,
- It can lead to lack of energy, low motivation, poor concentration, appetite changes and sleep disruption.

How to manage low mood? Behaviours

- The first step is to identify what behaviours are not helpful.
- Then, learn ways to replace unhelpful behaviours with more helpful ones. E.g. reduce avoidance, increase/balance activities.

This can provide a sense of achievement and improvements in the way we feel, think and how we feel physically.

Thoughts

- We all experience **negative automatic thoughts** from time to time e.g. "I can't do anything, I am useless, I have no purpose anymore, What if things never get any better".
- Thoughts are powerful but it is key to remember that thoughts are just thoughts, not always facts or true.
- By noticing and identifying negative thoughts you can start to question them and explore alternative, more helpful perspectives.