

INCREASED RISK OF MENTAL HEALTH CONDITIONS

Depression:

Individuals with diabetes are 2 to 3 times more likely to experience depression compared to those without diabetes.

Anxiety:

People with diabetes also have a higher chance of developing anxiety disorders, including generalized anxiety, panic disorder, and social anxiety according to academic research.

Eating Disorders:

Disordered eating patterns, including restricting insulin to manage weight, are more common in individuals with diabetes, particularly women with type 1 diabetes.

Diabetes Distress:

This specific type of distress, related to the daily demands of managing diabetes, can also significantly impact mental well-being as highlighted by the International Diabetes Federation.

Customer Service 800-317-0708 or
989-772-5938
Michigan Relay 7-1-1
24-hour Crisis Telephone
Convenient Office Locations and Hours

Clare County

789 North Clare Avenue
Harrison, MI 48625
989-539-2141

Isabella County

301 South Crapo Street
Mt. Pleasant, MI 48858
989-772-5938

Gladwin County

655 East Cedar Street
Gladwin, MI 48624
989-426-9295

Mecosta County

500 South Third Avenue
Big Rapids, MI 49307
231-796-5825

Midland County

218 Fast Ice Drive
Midland, MI 48642
989-631-2320

Osceola County

4473 220th Avenue
Reed City, MI 49677
231-832-2247

Accredited by:



Joint Commission

On Accreditation of Healthcare Organizations

CMHCM receives financial support from the Michigan
Department of Health and Human Services.



8 TIPS FOR A HEALTHY LIFE WITH DIABETES

Diabetes significantly impacts mental health, with individuals living with the condition being at increased risk for anxiety, depression, and other mental health disorders. These mental health challenges can be directly related to the physical demands of managing diabetes, as well as the psychological burden of living with a chronic illness.

Read on for tips to lead a healthy life and discover ways to lighten your mental load.



**Community
Mental Health**
FOR CENTRAL MICHIGAN

WHAT IS DIABETES?

Diabetes affects how your body uses sugar (glucose) – It can cause high blood sugar levels because the body either doesn't produce enough insulin or can't use it properly.

Insulin – Insulin is a hormone that helps your body turn the food you eat, especially sugar, into energy. It acts like a key that helps sugar get from your blood into your cells, where it's used for fuel.

There are two main types of diabetes – Type 1 diabetes happens when the body can't make insulin. Type 2 diabetes occurs when the body doesn't use insulin properly or doesn't make enough.



8 TIPS

Tip #1: Take Medications as Prescribed

Being consistent with your medications as prescribed by your doctor is key. Be sure to consult your healthcare provider with any questions or concerns.



Tip #2: Monitor Blood Sugar Regularly

Keep track of your blood sugar levels to understand how your body responds to food, exercise, and medication.

Tip #3: Follow a Balanced Diet

A balanced diet means eating a mix of fruits, vegetables, grains such as brown rice, and proteins such as chicken.

Tip #4: Control Portion Sizes

Use measuring cups or a plate method to eat smaller, balanced meals.

HOW TO DIFFERENTIATE

Tip #5: Get Enough Sleep

Adults should aim for 7 - 9 hours of sleep a night.

Tip #6: Exercise Regularly

To stay healthy, aim for at least 2.5 hours of moderate exercise per week like walking or doing yoga.

Tip #7: Stay Hydrated

It's generally recommended to drink 7 - 8 glasses of water per day.



Tip #8: Manage Stress

Try relaxation techniques like...

- Deep breathing
- Listening to music or
- Closing your eyes and visualizing a peaceful place like a beach or forest