



# Stress, and Diabetes

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**Stress exacerbates any problem, whether it's diabetes, heart trouble, MS, or whatever.**

Mary Ann Mobley

quote fancy





# How does stress effect anyone?

Stress Effects every body system!





How can we manage our own stress?



# Back to Stress, and Diabetes !



Why are people stressed that have diabetes

The answer is we are all stress In some way!



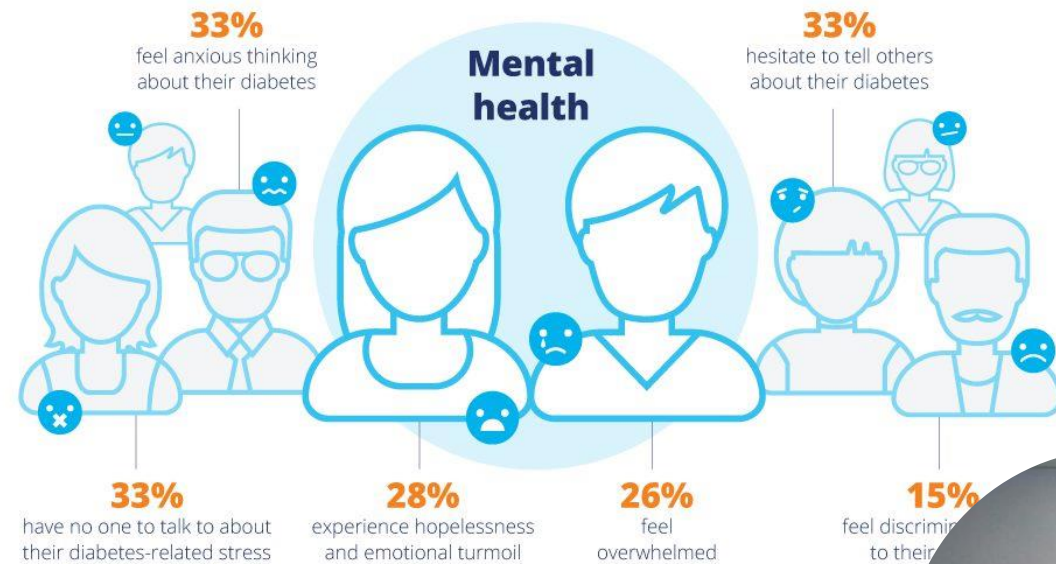
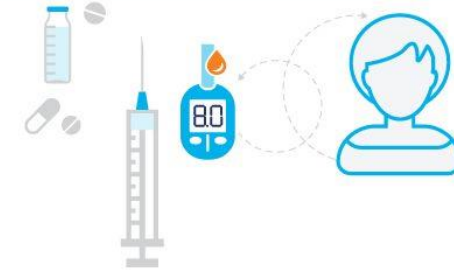
## Diabetes, mental health, stigma and discrimination

# Stress does affect diabetes

- Chronically ill
- Stress
- Not wired to think of something 24 hours a day

### Diabetes and mental health are connected.

Being diagnosed with diabetes and then living with its demands often leads to anxiety and stress. People with diabetes experience stigma and discrimination at work, school and in public places. Those with mental health conditions are also at higher risk for developing diabetes.



#EndDiabetes

DIABETES  
CANADA

LET'S END DIABETES TOGETHER

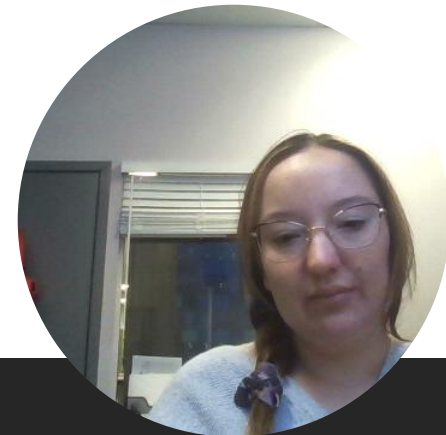




# What are other causes of stress with diabetes ?

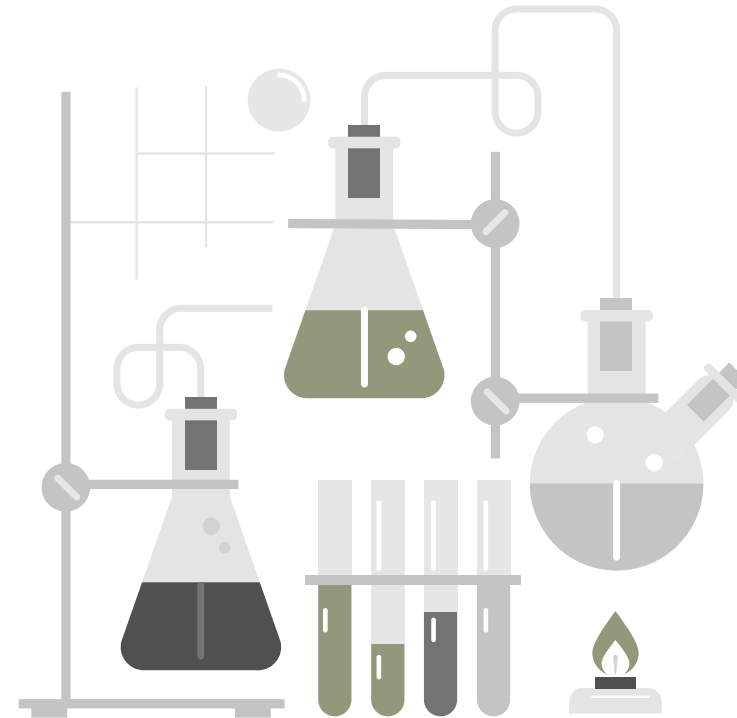
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- Health
- Financial
- Social



# Teach our clients that stress is not just in our heads!

- Stress produces real hormones in the body
- Hormones raise blood sugar
- What happens if it becomes chronic stress ?







Lets talk about sugar!



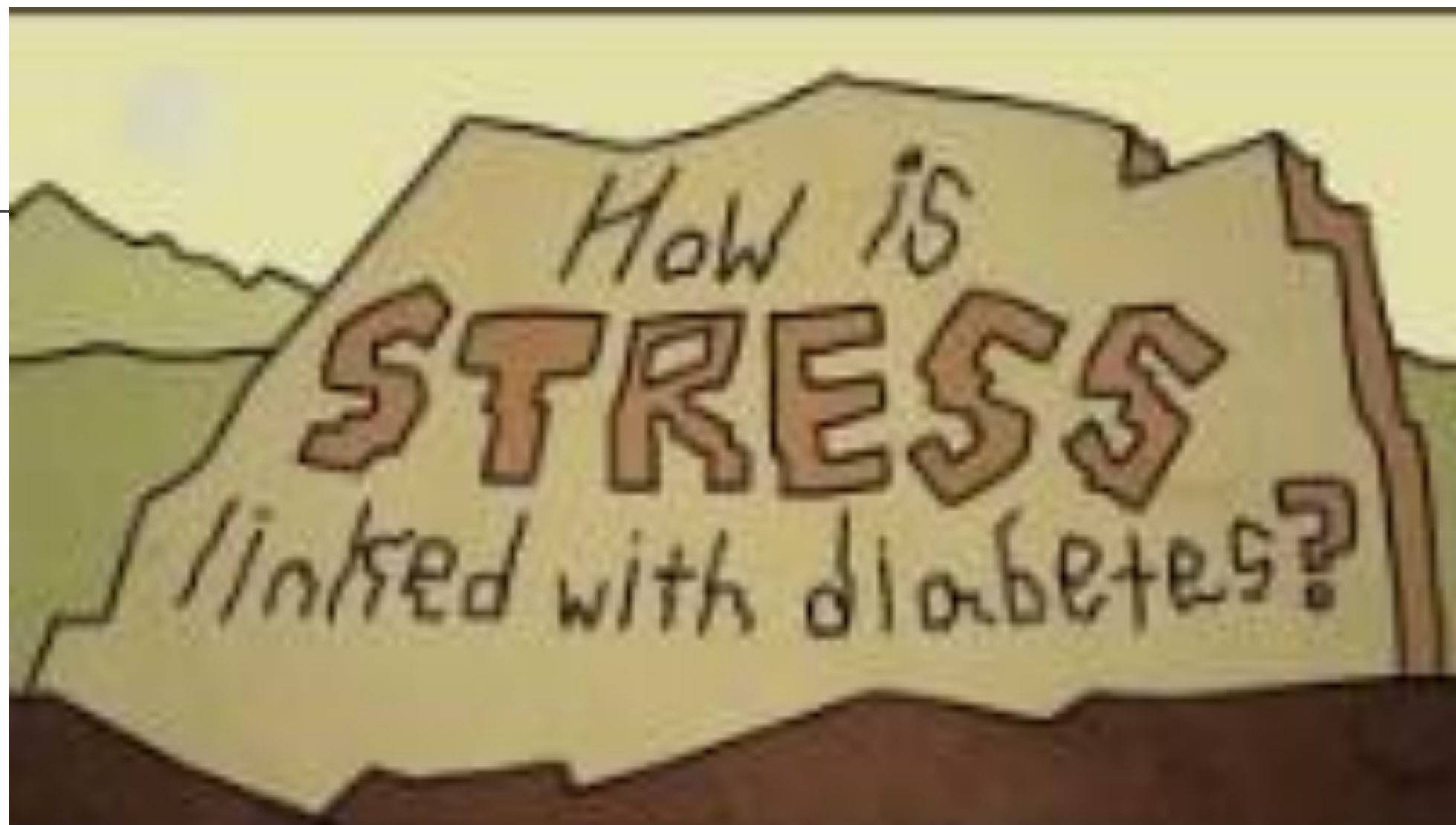
# How can we help someone with stress, and diabetes?

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WE CANNOT TELL ANYONE WHAT TO DO, BUT WE CAN MAKE SUGGESTIONS







How is  
**STRESS**  
linked with diabetes?

# Thank you

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If you or anyone in your life is chronically stressed, please see a Dr, or a Nurse for help.

Stress is serious even if you do not have diabetes.

For mental health emergency's contact:

Klinic Crisis Line

204-786-8686

or 1-888-322-3019

TTY 204-784-4097



# References.

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American Psychological Association. Stress effects on the body, 2023. retrieved from:

<https://www.apa.org/topics/stress/body#:~:text=The%20consistent%20and%20ongoing%20increase,%2C%20heart%20attack%2C%20or%20stroke.>

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Sharma K, Akre S, Chakole S, Wanjari MB. Stress-Induced Diabetes: A Review. Cureus. 2022 Sep 13;14(9):e29142. doi: 10.7759/cureus.29142. PMID: 36258973; PMCID: PMC9561544