

# Stress and Depression

## What is stress?

Stress is the body's physical and emotional response to tension and the pressures of daily life, which is normal and natural in life.

### Stress can affect you in different ways:

1. Makes glucose levels change.
2. It may cause changes in the routine for diabetes control, for example:
  - a. Eat more or stop eating.
  - b. Smoke more or start to smoke.
  - c. Forget to take medications.
  - d. Stop exercising.
  - e. Increases blood pressure.

### Everyone is different, and the activity that can help a person may not work for someone else.

You need to find the activity or relaxation technique appropriate for you. The following is a list of suggestions that may help manage your stress:

- Regular exercise
- Dance
- Pray
- Read
- Relax
- Talk to a friend
- Gardening

### *Did you know...*

**Uncontrolled stress may lead to depression.**

