

# STRESS AND DEPRESSION

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<https://www.uclahealth.org/marc/mindful-meditations>



# Salud y Vida

## Diabetes Self-Management Education Classes

### Cameron County

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#### Brownsville Schedule

##### **Su Clínica**

105 E. Alton Gloor Blvd.

Español: Martes de 5:30-7:30 pm

##### **Tony Gonzalez Recreational Park**

**Start** : September 12, 2019

34 Tony Gonzalez Drive

Español: Jueves de 10:00 – 12:00pm

##### **Brownsville Community Health Center**

191 East Price Road

Español: Sábados de 9-11 am

#### Harlingen Schedule

##### **Su Clínica**

1706 Treasure Hills Blvd.

English: Thursday from 6-8 pm

##### **Rio Grande State Center**

1401 South Rangerville Road

Español: Martes de 9:30 -11:30 am

#### San Benito Schedule

##### **San Benito C.I.S.D. Landrum Educational Complex**

450 South Dowling St

San Benito, TX 78586

Español: Miercoles de 6–8 pm

Español: Jueves de 10 am–12 pm

# Salud y Vida

## Diabetes Self-Management Education Classes

### Hidalgo County

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#### Alton Schedule

##### **Alton Recreational Center**

349 Dawes Ave, Alton, TX 78573

Español: Miércoles de 10 am – 12 pm

#### McAllen Schedule

##### **Hope Family Health Clinic**

2332 Jordan Rd.

Español: Martes de 10 am – 12 pm

# OBJECTIVES

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- Describe feelings about living with diabetes and how those feelings impact the disease.
- Define stress and the ways it can alter blood glucose and blood pressure levels.
- Identify symptoms of depression and how to access assistance.
- Learn strategies on how to cope with stress.
- Identify support needed and support networks.

# QUESTIONS

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1. How and when did you find out you had diabetes or hypertension?
2. How did you feel when you or a family member were diagnosed with diabetes and ?
3. How did your family react?

# Feelings of Denial

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“I feel fine, I don’t think I have a problem.”

# IDENTIFYING DENIAL

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- “One bite won’t hurt.”
- “This sore will heal by itself.”
- “I’ll go to the doctor later.”
- “I don’t have time to do it.”
- “My diabetes isn’t serious. I only have to take a pill, not shots.”
- “My blood pressure isn’t high. I don’t have any symptoms .”





# How to get out of Denial

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- To get pass this Feeling:
  - One must first take responsibility for their condition
  - Encourage responsibility for management of diabetes as soon as possible
  - Enlist friends and family
  - Make a plan



# Feelings of Anger

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“I am so angry at this disease! I don’t want to treat it. I don’t want to control it. I hate it!”

# How to get out of feeling Angry

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- Let anger be your ally
- Anger can be a force for action
- Look for a diabetes support group



# Feelings of Stress

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“I am so  
overwhelmed, I can’t  
handle it.”

# STRESS

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- It is the tension you feel when you confront a new or difficult situation.
- Stress is not always bad
- While some stimulus is good for us excessive amounts can result in changes in:

Physical



Psychological



Social



# PHYSICAL CHANGES

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- Acceleration of the heart rate and breathing
- **Increase in blood pressure**
- Increase muscle tension
- Weakness of natural defense
- Skin breakouts
- Insomnia
- Hair loss
- Diarrhea or constipation
- Impotence in men and menstrual disorders in women



# PSYCHOLOGICAL CHANGES

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- Anxiety
- Violence, aggression
- Boredom, frustration, irritability
- Nervousness, insecurity
- Low self-esteem
- Isolation
- Lack of concentration, forgetfulness



# SOCIAL CHANGES

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- Problems with spouse / children
- Difficulties with communicating
- Low performance and absenteeism at work
- Constant arguments
- Mood swings
- Conflict with co-workers





# STRESS AND DIABETES

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- Stress can cause blood glucose levels to rise.
- It can change the routine that helps us to control blood glucose levels.



# STRESS AND HIGH BLOOD PRESSURE



- Stress can cause blood pressure levels to rise.
- It can change the routine that helps us to control blood pressure levels.
- Stress is known to contribute to risk factors like a poor diet and excessive alcohol consumption.



# How to get out of feeling Stressed

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- Keep a positive attitude towards life.
- Do relaxation and meditation exercises.
- Exercise regularly.
- Practice any activity you like, such as reading a book, etc.
- Plan an hour of break time .
- Ask for help when you need it .
- Eat well (healthy)
- Get enough hours of sleep



# Feelings of Depression

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“I wake up in the morning and just go back to bed again.”

# WHAT IS DEPRESSION?

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- Feeling depressed is not the same as sadness.
- It is a condition that affects the mood of the person and generally needs treatment.
- Studies show that people with diabetes have a greater risk of depression than people without diabetes.



# SYMPTOMS OF FEELING DEPRESSED

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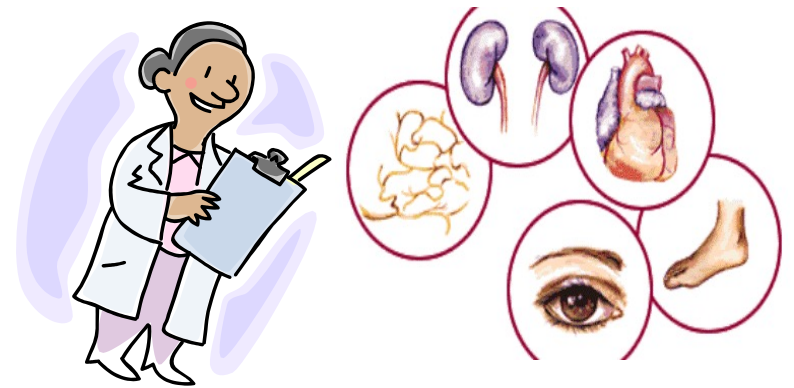
- Sadness that doesn't go away or sensation of abandonment
- Can't sleep or sleeping too much
- Crying all of the sudden without control
- Feelings of Guilt
- Low self - esteem
- Loss of appetite or can't stop eating
- Loss of interest or pleasure in your activities
- Loss of energy
- Thoughts about death, suicide attempts



# How does depression affect people with diabetes and high blood pressure?

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Someone with depression loses control of oneself and it is hard for them to follow the doctor's medical recommendations to control diabetes and high blood pressure.



# How to get out of feeling Depressed

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- How to prevent depression
  - Obtain family support (ask for it)
  - Participate in community support groups
  - Exercise
  - Enjoy social life
  - Avoid alcohol and smoking





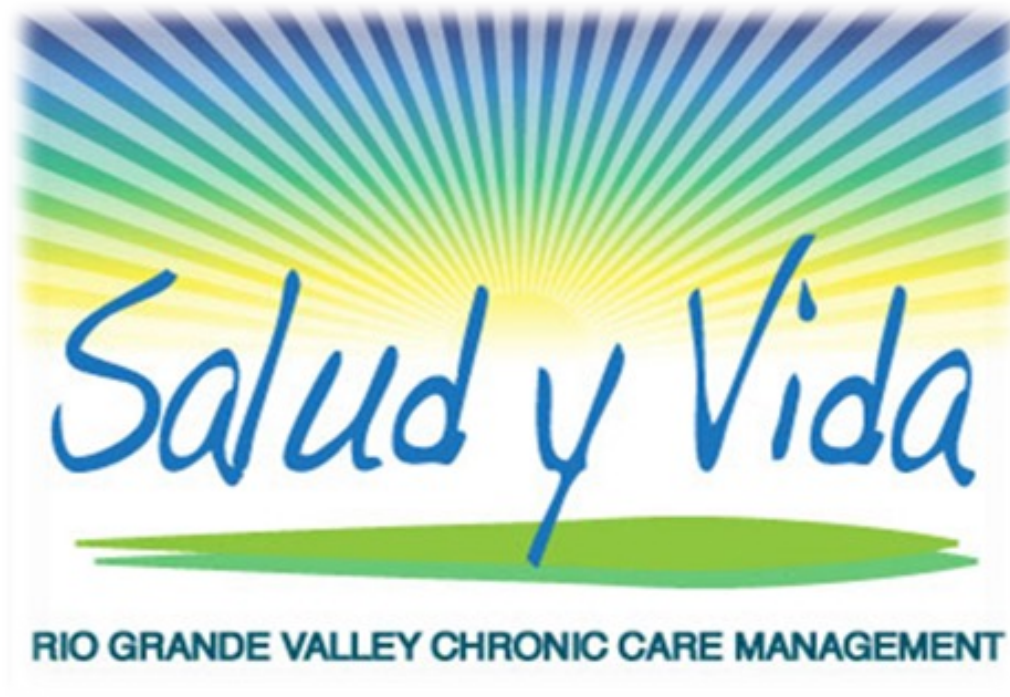
# BALLOON ACTIVITY

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# EFFECTS OF ALCOHOL AND TOBACCO ON DIABETES AND HIGH BLOOD PRESSURE

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Is it safe for me to  
drink alcohol if I  
have diabetes and  
high blood pressure?

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**CHECK WITH YOUR DOCTOR**

# DRINKING AND DIABETES/ HIGH BLOOD PRESSURE

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- People with diabetes should follow the same guidelines as those without diabetes if they choose to drink:
- Women should have no more than **1 drink per day**
- Men should have no more than **2 drinks per day**
- Reducing alcohol consumption can help control hypertension.



# HOW MUCH IS ONE DRINK?

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## EXAMPLE OF WHAT ONE DRINK INCLUDES



**BEER**

12 FLUID OUNCES  
OR 1 BOTTLE



**WINE**

5 FLUID OUNCES  
OR HALF OF A GLASS



**LIQUOR**

1.5 FLUID OUNCES  
OR ONE 80-PROOF SHOT

One drink is equal to:

- 12 oz beer
- 5 oz glass of wine
- 1 ½ oz distilled spirits (vodka, whiskey, gin, etc.).

# EFFECTS OF ALCOHOL ON DIABETES & HIGH BLOOD PRESSURE

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- Alcohol can cause low glucose levels shortly after drinking for up to 24 hours after drinking
- If you are going to drink alcohol, check your blood glucose before you drink and for up to 24 hours after
- Beer and sweet wine contain carbohydrates and may raise blood sugar
- Alcohol stimulates your appetite, which can cause you to overeat and may affect your blood sugar control
- Alcohol may increase blood pressure

# SYMPTOMS OF TOO MUCH ALCOHOL

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- People can easily confuse hypoglycemia for drunkenness and may not give you the proper assistance and treatment that you need
- Symptoms of too much alcohol and hypoglycemia
  - Sleepiness
  - Dizziness
  - Disorientation



# TIPS TO SIP BY

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- Do not drink more than 2 drinks of alcohol in one day if you are a man, or 1 if you are a woman
- Drink slowly
- Mix liquor with water, club soda, or diet soft drinks
- Avoid “sugary” mixed drinks, sweet wines, or cordials
- Do not drink on an empty stomach or when your blood glucose is low
- Reduce heavy drinking to reduce high blood pressure
- Always wear a medical alert piece of jewelry that says you have diabetes





# EFFECTS OF ALCOHOL SUMMARY

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- Talk with your health care team about whether alcohol is safe for you to consume.
- If you drink several times a week, make sure your doctor knows before he/she prescribes you medication
- Drink only if and when your blood glucose and blood pressure is under control
- Test blood glucose (if prescribed) to help you decide if you should drink

Is it safe for me  
to smoke if I  
have diabetes?

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**NO**

# SMOKING AND DIABETES/HIGH BLOOD PRESSURE

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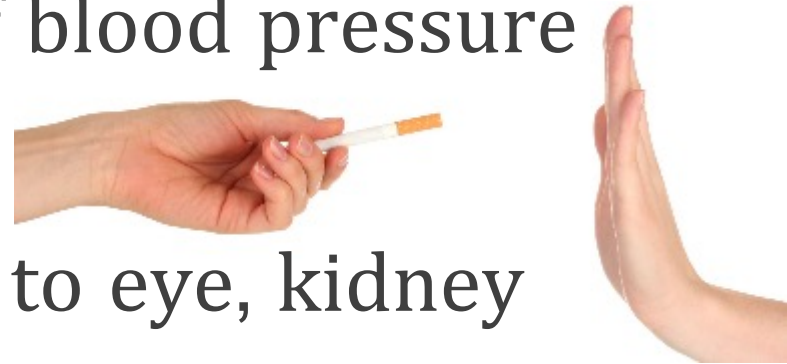
- If you have diabetes and you smoke, you are likely to have serious health problems from diabetes
- Smokers with diabetes and high blood pressure have higher risks for serious complications, including:
  - Heart and kidney disease
  - heart attack and stroke
  - Poor blood flow in legs and feet that can lead to infections, ulcers, and possible amputations
  - Increases blood sugar
  - Increases blood pressure
  - Increases insulin resistance

# BENEFITS OF QUITTING

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- Less resistance to insulin
- Overall better control of diabetes
- Overall better control of blood pressure
- Lower A1c levels
- Less chance of damages to eye, kidney damage and nerves
- Lower cholesterol levels and triglycerides
- More energy



# QUIT TODAY

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- Seek help. Ask your health care provider for treatment.
- Combining counseling and medication is most effective clinical treatment of tobacco dependence
- For free help to quit, call 1-800-QUIT NOW (1-800-784-8669) or visit [CDC.gov/tips](https://www.cdc.gov/tips)
- Spanish speakers can call 1-855-DEJALO-YA (1-855-335-3569) or visit [CDC.gov/consejos](https://www.cdc.gov/consejos)

