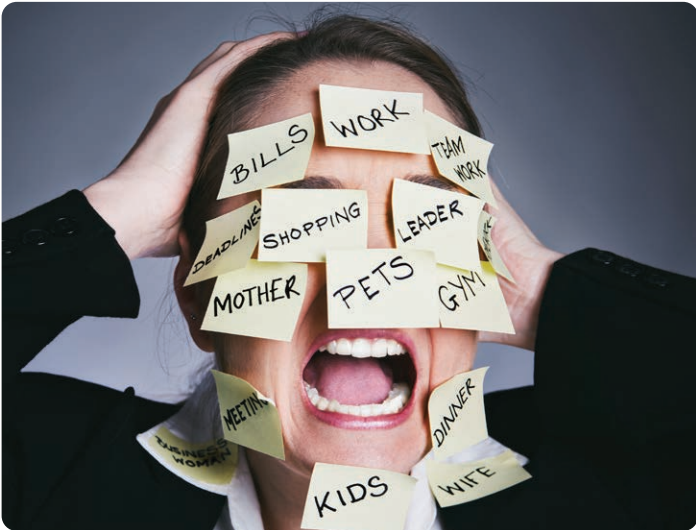


# STRESS AND DIABETES

You may notice that when you're feeling stressed, your BGLs go up even if you haven't eaten anything. Feeling stressed sends signals that you're in danger. Your body responds to stress by releasing cortisol.

Cortisol is a hormone that helps your body to get through fight-or-flight situations- you can't fight danger when you have low BGLs. Cortisol triggers your liver to release some of its stored glucose into the bloodstream, so your muscles have extra energy to get through the tough situation. This extra release of glucose in the blood may result in higher BGLs.

Normally your body has compensatory mechanisms to keep blood glucose from becoming too high. With diabetes, those mechanisms are either lacking or aren't working as well as they should. Therefore, stress will generally affect BGLs more when you have diabetes.



Here's some ideas to get you started:

- Take up yoga, meditation, or deep breathing
- Read a book
- Listen to music
- Take a hot bath
- Exercise
- Step back or remove yourself from the situation
- See your GP, you may need medication to help your body through anxious situations
- Talk to a health professional, family or friends

“ How do you reduce stress? Take up activities that relax you! ”

