

Diabetes Workshop Overview

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Overview of self-management and diabetes	•					
Nutrition/Healthy Eating	•	•	•	•		
Making an action plan	•	•	•	•	•	
Monitoring diabetes and blood sugar	•	•	•	•	•	•
Problem-solving		•	•	•	•	•
Feedback		•	•	•	•	•
Dealing with stress		•				
Preventing low blood sugar			•			
Preventing complications			•			
Making decisions			•			
Physical activity / exercise			•		•	
Difficult emotions				•		
Depression					•	
Positive thinking					•	
Relaxation techniques					•	
Communication					•	
Sick days						•
Foot care						•
Medication						•
Working with your health care professional and health care system						•
Future plans						•

Homework by Session

Session 1:

- On 2 days, 1 work day & one non-work day, monitor blood sugar once in AM before eating, once 2 hours after a meal & once after exercising. Write down all you eat on same 2 days, take note of what learned.
- Reading: Chap 1, 2, 11, 18. Especially food guide pgs. 186-192.
- Keep track of your action plan.

Session 2:

- Keep track of what & when you eat 2 days, 1 week day & 1 weekend day.
- We will be covering decision-making next time; think of something for which you need to make a decision & have it ready next week.
- Reading: Chap 11 & pgs. 192-193, 293-295.
- Keep track of your action plan.

Session 3:

- Pay attention to labels of favorite foods; see if eating hidden fat & if saturated or non-saturated.
- Look at serving sizes on labels of foods; bring 1-2 labels next week & be prepared to tell what you have discovered.
- Reading: Chap 5 & 6, pgs. 18-19, 177-179, 192-194, 302-305
- Keep track of your action plan.

Session 4:

- Reading: Chap 11 & 12, pgs. 50-62
- Reading food labels; try having smaller servings of foods high in carbohydrates and/or fats.
- Keep track your exercise each day.
- Keep track of your action plan.

Session 5:

- Pay attention to the types of thoughts have about yourself; try to replace negative ones with positive ones.
- Keep track of exercise 1 weekday & 1 weekend day; be prepared to share what learned.
- Monitor your blood sugar before & after eating & before and after exercise twice and be prepared to talk about it if you have seen any changes since you did this five weeks ago.
- Reading: Chap 8 & 9, pgs. 50-55, 75-77, 70-82
- Call, email or write letter to your provider about what you have accomplished. If not pleased, write letter to the workshop's developers explaining. Address: Self-Management Resource Center • 711 Colorado Avenue • Palo Alto CA 94303 USA • smrc@selfmanagementresource.com. You don't have to mail or show these letters, but bring them with you next week for your own use in the sharing activity.
- Keep track of your action plan.

Session 6:

- Create and/or update a medication list and keep it current
- Reading: Pages 152-159, 297-302, 303-304.
- Continue using your action plans as a support.