

Control Stress

Stress -- both physical and emotional -- can cause an increase in hormones, resulting in an increase in blood sugar levels. When blood sugar levels are not controlled, you are at risk of having complications from diabetes. Practice these stress busters.

- **Breathing exercises**
Sit or lie down and uncross your legs and arms. Take in a deep breath. Then push out as much air as you can. Breathe in and out again, this time relaxing your muscles on purpose while breathing out. Keep breathing and relaxing for 5 to 20 minutes at a time. Do the breathing exercises at least once a day.
- **Physical exercise**
Relax your body by moving it through a wide range of motions. Three ways to loosen up through movement are circling, stretching, and shaking parts of your body. To make this exercise more fun, move with music.
- **Replace bad thoughts with good ones**
Each time you notice a bad thought, purposefully think of something that makes you happy or proud. You should also memorize a poem, prayer or quote and use it to replace a bad thought.
- **Control your anger**
Make a careful decision not to become upset or annoyed about small stuff. Do not allow yourself to become stressed about things that do not deserve it. When you find yourself in an annoying situation, take three deep breaths and release them slowly. Repeat if necessary.
- **Smile more often**
If you feel frustrated, angry or stressed try forcing yourself to smile for thirty seconds. Smiling can change your emotional state. A positive state is not just more fun but also opens up to other possibilities in your mind. You will see the world differently through a positive frame of mind. It takes twice as many muscles to frown as it does to smile. Try it, you'll feel better.
- **Get a breath of fresh air**
Fresh air is invigorating and refreshing. When feeling stressed, take a fresh air break for five to ten minutes by going on a terrace, balcony or taking a short walk.
- **Drink plenty of water and eat nutritious snacks**
Hunger and dehydration can provoke aggressiveness and intensify feelings of anxiety and stress. If you think that you may not have access to a meal and water for an extended period of time, you should take a small bottle of water and nutritious snack with you before leaving home.
- **Watch your posture**
Hold your head and shoulders upright and avoid stooping or slumping. Bad posture can lead to muscle tension, pain, and increased stress which can cause you to be unproductive. If you have a desk job, take a break several times during the day to avoid stress and tension.
- **Reward yourself**
At the end of a stressful day, reward yourself by taking a relaxing bath, by reading a good book or listening to soothing music. Put aside chores or stressful situations before bedtime and allow yourself to fully relax. You need time to recharge and renew yourself, so that you can deal with the stresses of tomorrow.