

The Bandera PROPHEET

April 29, 2021

Coping to Control: Living positive with diabetes
Register for course by May 3

The Texas A&M AgriLife Extension Service is excited to offer this educational program focused on empowering you to manage stress and negative emotional related to diabetes.

Coping to Control is a three-week course geared toward empowering and equipping individuals with type 2 diabetes to effectively deal with stress and negative emotions. Successful coping with negative emotions is a recommended strategy to enhance diabetes self-management and quality of life. People with diabetes experience varying degrees of negative emotions and problems coping with this chronic disease. Depression is acknowledged as a major health concern in diabetes. Not only are people with diabetes more likely to experience clinical depression than the general population, but their depression is also likely to affect their ability to effectively maintain blood glucose control. Common negative emotions include: anxiety, frustration, stress, anger, and concerns about diabetes and its complications. Through the duration of living with diabetes, it is expected that people with diabetes will struggle with some type of negative emotions. Thus, this program ***Coping to Control*** provides participants with tools and resources to develop healthy coping skills which are critical to address the emotional factors in their diabetes management.

The course participants meet for three weeks—weekly on Wednesdays from 10 -11:30 a.m., via virtually through Microsoft Teams for May 5, 12 and 19.

To register for the program please click this link: [https://
agrilife.az1.qualtrics.com/jfe/form/SV_e4LcJVIL4posiIm](https://agrilife.az1.qualtrics.com/jfe/form/SV_e4LcJVIL4posiIm)

To find out more about this program contact Jessica Faubion, Bandera County Family & Community Health County Extension Agent at

830-796-7755 Jessica.faubion@ag.tamu.edu . Registration deadline is
May 3.