1. The type of negative emotions and problems with coping that occur in diabetes represent a wide spectrum.

2. Enhanced attention to coping with negative emotions can result in better self-management and improvements in emotional health.

3. Based on program resources and patient needs, program managers have a variety of options for enhancing self-management programs to include health coping.

4. Healthy Coping in Diabetes provides guidance to program managers and practitioners for developing and enhancing their diabetes self-management programs.

**Key Messages**

**Table of Contents**

- Introduction
- Problem Solving
- Cognitive Behavioral Strategies
- Communication Skills
- Support Groups
- Stress Management
- Physical Activity
- Mind-Body Techniques
- Bibliography

**About the Diabetes Initiative**

The Diabetes Initiative of the Robert Wood Johnson Foundation includes 14 projects around the United States, all demonstrating that self-management of diabetes is feasible and effective in diverse, real-world settings.

**How can I get this resource guide?**

Complimentary copies are available from the Diabetes Initiative National Program office:

- Call: 314-286-1930
- E-mail: diabetes@dom.wustl.edu
- Download: www.diabetesinitiative.org

**What is it?**

The purpose of this Guide is to:

- Facilitate expansion of existing services or development of new programs
- Introduce program managers and providers working in primary care and community settings to the range of approaches that address negative emotions

The Guide includes:

- Overview of approaches to healthy coping
- Review of the evidence supporting each approach
- Considerations for program implementation
- Examples of program approaches from the Diabetes Initiative
- Tips for practitioners

A “Talking Circle” – one type of support group employed by Diabetes Initiative sites to promote healthy coping.

**Daily Stressors, Hassles**

- Mild, Transient Distress
- Problems that are Hard to Treat

**Range of Negative Emotions**

- Depression
- Anxiety Disorder
- Self-harm
- Distress
- Detachment

**Problems that are Hard to Treat**

- Chronicity
- Diagnosable Problems, e.g.,
- Depression
- Anxiety Disorder
- Problems that are Hard to Treat

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