

How a Behaviour Therapist can help

Learning that you have diabetes affects you and the people close to you.

You and your family may:

- Feel stressed or overwhelmed as you learn new skills and make changes in your day-to-day life to manage diabetes.
- Experience many emotions and situations that can make managing your diabetes a challenge.

Please remember that you are not alone. The Behaviour Therapist on the Adolescent Type 2 Diabetes Program team can help you and your family in many ways.

Behaviour Therapy:

- ✓ **A way of acting:** Trying out new ways of doing things.
- ✓ **A way of feeling:** Dealing with the tough stuff! Talking about feelings and situations in positive ways.
- ✓ **A way of thinking:** Discover new ways to look at things. Learn to solve problems and avoid negative thinking.
- ✓ **A way of dealing with physical or medical problems:** Avoid overreacting and search for ideas to help stick to your team's suggestions.
- ✓ **A way of coping:** Managing stress, supportive care giving and connecting you with helpful community resources.

**If at any time you feel that you or your family
need the Behaviour Therapist's support,
please call 905-521-2100, ext. 74764.**