



APRIL IS NATIONAL

Stress Awareness Month

It may be stressful to have yourself surrounded by news of COVID-19 and how it could impact you and your family. This April, during National Stress Awareness Month, take time to refocus and support yourself and your family during what may be a stressful situation. The following are some tips from the Center for Disease Control and Prevention to keep your mind off COVID-19.

Try yoga or meditation to take care of your body and mind.

<https://www.healthline.com/health/fitness-exercise/top-yoga-iphone-android-apps>

Eat balanced meals consisting of fruits & vegetables, whole grains, and protein.

Check out the American Diabetes Association website for new meal ideas:

<https://www.diabetesfoodhub.org/>

Stay connected.

Have a game night or movie night with your family.

Keep an open line of communication with your loved ones.

Check-in on friends & family that are in retirement communities.

Talk with a Certified Diabetes Educator from the Good Health Gateway® Program.

Discuss stresses about your diabetes care.

Check-in with your primary care provider if stress keeps you from your typical routine for more than a few days.

CONTACT US

The Good Health Gateway HelpLine is available for any program questions during this time. 800.643.8028 | GoodHealthGateway.com