Healthy Coping Strategies Worksheet

1. What causes you to feel upset when you are trying to manage your diabetes?

2. What are you thinking in this situation?

   a. What are some more positive or realistic thoughts you could have?

3. What are you feeling in this situation?

   a. What causes these feelings?

   b. What healthy steps can you take to feel better?

4. List three specific actions you can take to cope with this situation in the future.