

Recommended Readings for Coping With Diabetes and Depression

Caring for the Diabetic Soul (American Diabetes Association)

You'll learn about coping with denial, controlling your stress and anger, building self-esteem, using a sense of humor, giving support, and much more. Written by professionals whose lives have been touched by diabetes—nurses, counselors, professors, doctors, and parents—each chapter reflects a personal experience that will touch you too.

Diabetes Burnout (American Diabetes Association)

This book addresses not only your frustrations, but also how burnout may contribute to poor self-care, high blood glucose, and later complications. A series of interactive questionnaires and self-evaluations guide you toward overcoming the barriers to good control. Worksheets help you to assess your motivational level and establish a successful plan of action.

American Diabetes Association Complete Guide to Diabetes 2nd Edition

The American Diabetes Association has compiled this one-volume sourcebook to bring you all the information you need to live an active, healthy life despite diabetes. This book has specific chapters that focus on coping with diabetes and includes topics such as handling stress, controlling anxiety and other emotions, and dealing with depression.

Psyching Out Diabetes: A Positive Approach to Your Negative Emotions, Richard R. Rubin, Ph.D., June Biermann, and Barbara Toohey

In this practical guide to coping with the day-to-day emotional stresses of diabetes, the authors give empathetic advice and humorous anecdotes, and walk you through feelings you may experience: denial, obsession, anger, depression, grief, fear, frustration, guilt, and embarrassment.

When Diabetes Hits Home: The Whole Family's Guide to Emotional Health (American Diabetes Association)

This book addresses the emotions people with diabetes and their families must cope with throughout their lives. This book addresses the necessary mourning period people



experience at diagnosis and discusses support, coping and family structure. Also discusses how parents, spouses, siblings, children, grandparents, neighbors, and their healthcare teams successfully manage their relationships and define their rights and responsibilities with the person with diabetes.

101 Tips for Coping with Diabetes (American Diabetes Association)

The stress of living with a chronic disease like diabetes can actually cause out-of-control blood sugar levels and prevent a healthy lifestyle. However, this book uses three ingredients—knowledge, skill and support—to take a new approach to dealing with diabetes. You will find tips for increasing your diabetes knowledge, building emotional coping skills, and gaining support for your way of managing your diabetes. Written by both health care professionals and people with diabetes, these tips are drawn from personal experiences and expertise.

To order materials from the American Diabetes Association, go to www.diabetes.org.

You can order “Psyching Out Diabetes” at www.amazon.com.