



## Diabetes Newsletter: Spring 2020

# Coping with Covid-19

### The impact of stress

Statistics Canada has reported that during this Covid-19 pandemic, Canadians are suffering from more anxiety and falling into less healthy behaviors (such as more TV and more alcohol). An emotional response of anxiety, sadness and/or anger is a normal reaction to a major stressor. During times of stress, self care and diabetes management can be challenging, but now, more than ever, it is important to stay healthy and keep a positive attitude.

### How to Cope with Stress

According to Dr. Michael Vallis, a psychologist and health behavior consultant, there are 4 foundational coping skills to build into a effective management strategy. But everything is individual, the specific actions have to be *right for you* to be effective.

#### 1. Calming Strategies

The first step is calming anxious feelings through physical methods—this can be meditation, yoga, deep breathing, stroking your pet, or caring for a plant, any action that is intentionally calming. What would work for you personally?

#### 2. Energy Expenditure

The second step is burning off that nervous energy—brisk walking, dancing, vacuuming to music, signing, building something, gardening. What would work for you?

#### 3. Social Connection

Emotional expression is essential during times of stress. Don't push people away, reach out and connect. While respecting social distancing,

we can still call a friend, see someone through an online platform or even connect through local community events that are happening online (such as a concert or religious service).

#### 4. Acceptance/Mindfulness

And finally, surrender. As we work through the overpowering emotions that naturally accompany these unusual times, we *can* find our rhythm and focus on healthy behaviors.



### Lifestyle Hygiene

Practically speaking, humans are creatures of habit, and this is how we adjust to fit a new normal. A **personal routine** should be established. Appropriate amounts of **sleep** are must be included. And **regular exercise** improves mental and physical health as well as boosts the immune system.

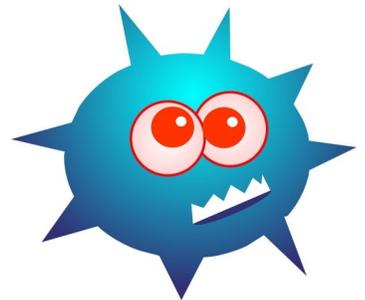
Be kind to yourself, try out these strategies as you work on health coping and diabetes management.

Adapted from Dr. Michael Vallis' webinar on *Diabetes Management in the Age of Covid-19* from Diabetes Canada. [www.diabetes.ca](http://www.diabetes.ca)

### Diabetes and Covid-19

For more information on Diabetes and Covid-19 and for detailed information on how to prevent the spread of covid-19 please go to [https://www.diabetes.ca/en-CA/campaigns/covid-19-\(coronavirus\)-and-diabetes](https://www.diabetes.ca/en-CA/campaigns/covid-19-(coronavirus)-and-diabetes)

At Diabetes Canada [www.diabetes.ca](http://www.diabetes.ca)



# Carb counting the easy

*Find an app that works best for you*

Carbohydrates are an important part of diabetes management whether you have type-1 diabetes or type 2.

But how much is 15 grams of carbohydrates? How much is 60 grams? How much is 45% of your daily intake?

These are questions people with diabetes face every day. Carbohydrate-counting apps can help with those answers.

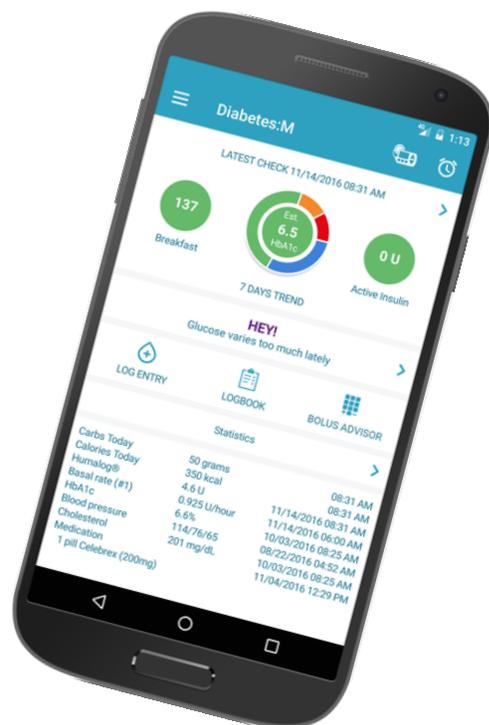
There are several carb-counting apps on the market, so it's important to know what to look for:

Make sure the app has a large food database, and one that includes common restaurant options. This will save time as you won't have to input foods into the database yourself.

Look for an app that includes blood glucose tracking with Canadian units. This will help you see trends with how your food choices affect your blood glucose.

Also make sure the app is user friendly; read customer reviews!

Here are a few examples of current carb-counting apps available:



## **Sugarmate:**

Large nutritional database, tracks blood glucose, activity, medications, barcode scanning, food image lookup, voice dictation, Canadian units

## **MyNetDiary Diabetes Tracker:**

Large nutritional database, tracks blood glucose, activity, medications, barcode scanner, online community, Canadian units

## **Glooko:**

Large food database, syncs to diabetes devices, tracks blood glucose, shows trends, Canadian units

## **MySugr:**

Visual: upload photos to keep track of carbohydrate estimations, tracks blood glucose, online community, Canadian units

## **Carbs & Cals:**

Large visual food database: compare food on your plate to food photos on the app, no blood glucose tracking

**My Fitness Pal:** Large nutritional database, barcode scanner, recipe importer, no blood glucose tracking

If you don't like these options, there's several more just a Google click away!