

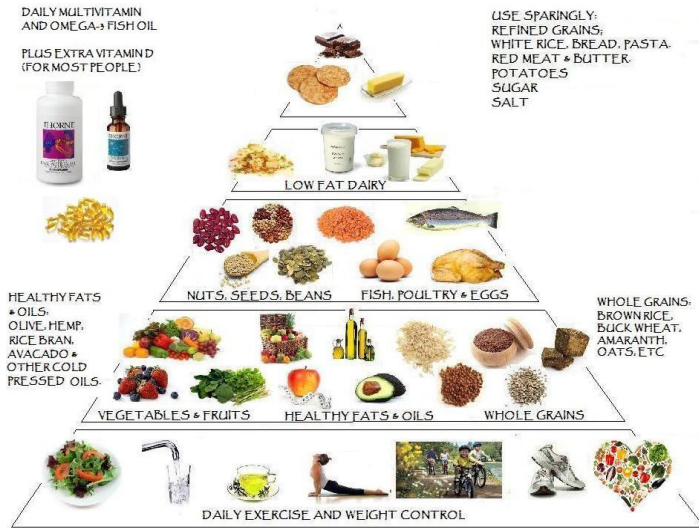
## Manage Stress

In many people with diabetes, stress can cause their blood glucose levels to rise and add to obesity. Learning ways to deal with stress may lessen this effect.

- **Keep a supportive social circle:** Share concerns with friends, colleagues and family.
- **Take care of yourself:** Eating a healthy diet, exercising daily, getting enough sleep, having a massage and pamper yourself are good ways to take care of your body and make stress management easier.
- **Organise your time:** Keep to a schedule, learn to say no to excessive demands on your time, and utilize shortcuts in your life.

### Ask for Help and Counselling

#### DIET & WELLNESS PYRAMID



### Useful websites for further information:

<http://www.vegetarian.org.nz/content/food/nutrition/>

[www.diabetesdiet.co.nz](http://www.diabetesdiet.co.nz)

[www.healthnavigator.org.nz](http://www.healthnavigator.org.nz)

<http://bettereducation.com.au/Resources/foodchart.aspx>

[http://www.diabetes.org.nz/living\\_with\\_diabetes](http://www.diabetes.org.nz/living_with_diabetes)

[http://www.moh.govt.nz/moh.nsf/pagesmh/4925/\\$File/asian-health-chart-book-2006-hindi.pdf](http://www.moh.govt.nz/moh.nsf/pagesmh/4925/$File/asian-health-chart-book-2006-hindi.pdf)

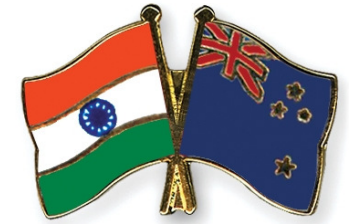
<http://www.asianhealth.govt.nz/>

[http://www.diabetes.org.nz/about\\_diabetes/information\\_for\\_visitors\\_and\\_immigrants\\_to\\_new\\_zealand](http://www.diabetes.org.nz/about_diabetes/information_for_visitors_and_immigrants_to_new_zealand)

[http://www.diabetes.org.nz/resources/patient\\_charter](http://www.diabetes.org.nz/resources/patient_charter)

<http://translate.google.co.nz/translate>

Diabetes



## Diabetes Dietary Advice

For Indians Living in New Zealand



[www.diabetesdiet.co.nz](http://www.diabetesdiet.co.nz)