California Diabetes and Pregnancy Program

Tip of the Month
~ # 6 ~

Resiliance and Lowering STRESS

Resilience is like the amount of gas you have in your car. The more you have, the farther you can go. Having a full tank of resilience is more important during stressful times (like when you have diabetes and are pregnant) because it increases your capacity to maintain flexibility.

When you are low on resilience, your system gets stressed. It's easy to dramatize problems, feel victimized or become overwhelmed and turn to unhealthy habits and nonproductive coping mechanisms.

Increasing resilience creates an energetic cushion so that you can bounce back from adversity and reduce your stress.

To increase your (or your patient's) resilience:

1. **Plug the leaks.** When you notice you're feeling stressed, neutralize the damage. Focus your attention on the area around your heart and breathe slowly. (Or ask your patient to breathe like that.)

2. **Replenish the tank.** Repeat #1, but this time recall a positive or fun time in your life and attempt to re-experience it. Feel the feelings you felt at that time. (Or ask your patient to do this.)

3. **Improve your mileage.** Celebrate the good stuff with a sincere feeling of appreciation for the people, places, and situations in your life that are of value. (Or ask your patient what she is feeling appreciative of.)

These are good ways to lower your stress (or your patient's stress). You (and she) will make better decisions, find more efficient alternative actions, tap into your creativity and go a little further.

(This information was taken from an article at www.heartmath.com)

And thank you for all you do for your Sweet Success moms.