SWEET Success

California Diabetes and Pregnancy Program

Tip of the Month
~ # 2 ~

Offering Support for STRESS

Let's remember that holidays and other special occasions can be highly stressful for many of our patients.

In Tip # 1, we provided a few ideas of what you could look for or what you might see if your patient is stressed. We suggested that you listen to your patient regarding the stress in her life for just a minute or two.

Here is a quick and easy idea to add to your listening. You've already asked and listened to her reply. Now you can offer one sentence in response. It will not be a "fix it" reply. Rather, it will be "supportive", like: "Wow, you really have a lot on your plate." Then pause; let there be a few seconds where the two of you are holding the difficulty of her specific situation together. Period. That's it. Then you can move on.

For some of you, this kind of intervention may be second nature. For others, you will wonder "What is the point?" We invite you to try remember the last time someone just "held" something you said, rather than commenting on it or making suggestions or thinking of some positive or negative thing to say about it. It can be a very comforting experience. In many instances, you can actually see a person who is being "heard" visibly relax.

This is not a time-consuming intervention. It is quick and concise, and with a dose of your own empathy in the mix, it will make the rest of your appointment feel more connected and relational.

Good luck; give it a try; feel free to give your regional team feedback; and thank you again for all you do for our Sweet Success moms.

Next month: ideas for lowering your patients' stress levels.