SWEET Success

California Diabetes and Pregnancy Program

Tip of the Month
~ # 9 ~

STRESS ~
Assets and Deficits

We wake up each morning with a specific amount of energy to spend in a day. And how we feel and act throughout the day profoundly impacts how much energy we have left at the end of that day. Some things we focus on are assets and add energy. Others are deficits and deplete it.

Every emotional reaction that we have triggers more than 1400 biochemical changes in our body. If we continuously focus on the negative, we will end up with nervous system overload and compromised performance. These 'energy leaks' can add up and exhaust us.

If your patients are stressed, you may be able to give them some productive "direction" with their stress. One way to do this is to remind them of their "assets" as they are working on their "deficits". This will change their internal biochemical mix to a more beneficial one and they can accumulate some energy. This energy boost will help them tackle their difficulties.

Don't ignore their deficits, but do help reduce them. If your patient is fretting or fussing over something, see if you can clarify whether they need to be worrying about this issue now. If they do, help them to be focused and clear about it, so that their stress energy is productive.

What does this look like? If a mom is worrying about her blood sugar numbers and you think that is worthwhile for her to work on, do 2 simple things:

1. Clarify the issue specifically ("So, it sounds like you'd like to lower your breakfast numbers. Is that right?") and
2. Tell them something they have done well recently, so they start off on a good footing with their "deficit" issue. ("Well, I am sure you can do something to improve this; you did a great job with learning to take insulin.")

(Thanks again to HeartMath.com for some of these ideas.)

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