

## Diabetes Self Management Programme

Topics	Wk1	Wk2	Wk3	Wk4	Wk5	Wk6
Overview of self management and diabetes	✓					
Making an action plan	✓	✓	✓	✓	✓	✓
Monitoring	✓	✓	✓	✓	✓	✓
Nutrition and healthy eating	✓	✓	✓	✓		
Feedback and problem solving		✓	✓	✓	✓	✓
Preventing low blood sugar		✓				
Preventing complications			✓			
Physical activity and exercise			✓	✓		
Stress management			✓			
Relaxation techniques			✓	✓		
Dealing with difficult emotions				✓		
Dealing with depression					✓	
Positive thinking					✓	
Communication skills					✓	
Medication usage					✓	
Working with your health care professional and health care team						✓
Dealing with illness						✓
Foot care						✓
Future plans						✓