Diabetes-content

10

Subject: Your Diabetes Support Group

Dealing with your diabetes is hard. It’s even harder when you do it alone.

We are social creatures. Our instincts are to be in alignment with what other people around us are doing. Because of this, the people around you will influence how consistently you stick to the diet and exercise regimen you need to keep your diabetes under control.

That’s why you need to put as much thought into your social support group as you do in performing your individual actions.

You need to figure out how you can surround yourself with people who push you forward even when you have a crisis in willpower.

Ideally, you want other people working towards the same healthy lifestyle as you. You want the kind of people around you that will kick you in the butt when you miss a day at the gym or when you cheat on a meal. Accountability is very powerful.

This process of creating a strong support group may involve limiting your time with people who were not supportive of you.

You don’t have to be super ruthless about this, however you need to be conscious about the different influences that people are having on you.

Do what you have to do in order to get the support group that you are confident will push you towards your healthy lifestyle goals. It’ll make your fight against diabetes that much easier.