

For anyone with a chronic condition, it is important to take time for yourself from time to time.

Below are some tips from Diabetes Forecast, a journal from the American Diabetes Association, that can be used by everyone to decompress, organize, and get back to a regular routine.



## Mental and Physical Wellbeing

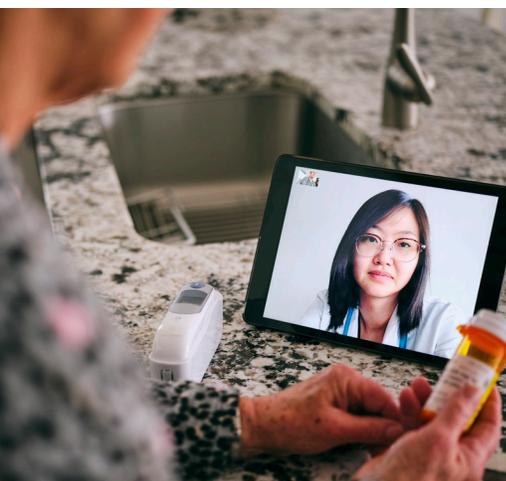


**Meditate:** It is very easy to find an app or YouTube video that will help you meditate. Meditation helps to clear your mind and works best when you practice it for at least five minutes a few times each day.

**Walk in the morning:** Less people are out so it is easier to social distance. Even if you don't want to walk, it is good to add some form of exercise to your daily routine.

**Take a warm bath before bed:** A 10-minute shower or bath about an hour or two before bed has shown to help people be relaxed and fall asleep faster.

## Medications and Healthcare



**Have enough medication:** Put your medications on automatic refill and sign up for delivery to make sure you always have your medications and supplies on time.

**Stay organized:** Keep all your medical history records, most recent lab tests, and blood glucose readings in one binder to bring with you when you visit your physician. In addition, keep your medications and supplies in one spot to help you see what you are running low on.

**Utilize telehealth:** This is a great option to limit the hassle of going to a doctor's office and waiting to be seen. Virtual appointments can accomplish almost everything you need out of an in-person appointment.

## Food Stuff



**Skip the grocery store:** Use delivery services such as Pea-Pod, Walmart, or Instacart. This will keep you away from impulse shopping.

**Simplify mealtime:** Keep some basic shelf-stable items on hand, such as eggs, ground turkey, olive oil, canned tomatoes, and canned or frozen vegetables to make into a quick and easy meal when you do not want to run to the store. Go to [diabetesfoodhub.org](http://diabetesfoodhub.org) for ideas.

**Create a recipe exchange:** One person submits a meal each week for the entire group to make. Then, have a virtual dinner party where everyone tries and enjoys the meal! It will keep you connected with loved ones and you will be able to learn many types of recipes.

If you have diabetes, go to [GoodHealthGateway.com](http://GoodHealthGateway.com) to find out more about a great program to help you manage your diabetes and earn rewards. Follow us on Facebook.