

Living well with diabetes

Living with diabetes can be worrying, frustrating & stressful. This course explores how to manage & live well with diabetes. The course focuses on understanding diabetes, what influences it & learning tools & techniques to reduce the impact it has on daily living.

Check our website for more information on dates and timings.

Course covers:

- Understanding diabetes & its impact
- Values & goals
- Managing stress
- Emotional eating
- Strategies to help with difficult thoughts
- Helpful ways of communication & gaining support
- Sleep, concentration & memory
- Mindfulness and relaxation

For those registered with a:

- Wiltshire GP ring the Wiltshire IAPT Service on 01380 731335 or email awp.wilts-iapt@nhs.net to book
- Swindon GP ring Swindon LIFT Psychology on 01793 836836 or email awp.lift-psychology@nhs.net to book
- BaNES GP, ring B&NES Talking Therapies on 01225 675150 or email awp.banesiapt@nhs.net to book

**6-WEEK
FREE
ONLINE
COURSE**



This course is suitable for anyone experiencing diabetes, and to people over 16 years & registered with a Wiltshire, Swindon, or a Bath & North East Somerset (BaNES) GP.