

# SETTING GOALS

## BREAKING BARRIERS

### Have a **clear perspective**

Have a clearer perspective on the problem of diabetes burnout.

### Know you are **not weak**

Understand that your personal struggle with diabetes does not mean that you are a weak, bad or unmotivated person.

### Know you are **not alone**

Know you are not alone in your struggle.

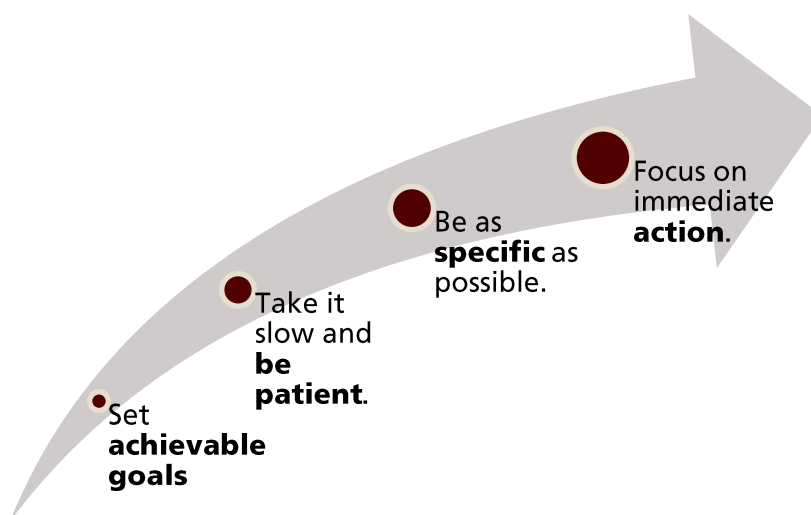
### Have **hope**

Have hope that your physical and emotional health can be improved, motivation can be restored and burnout can be overcome.

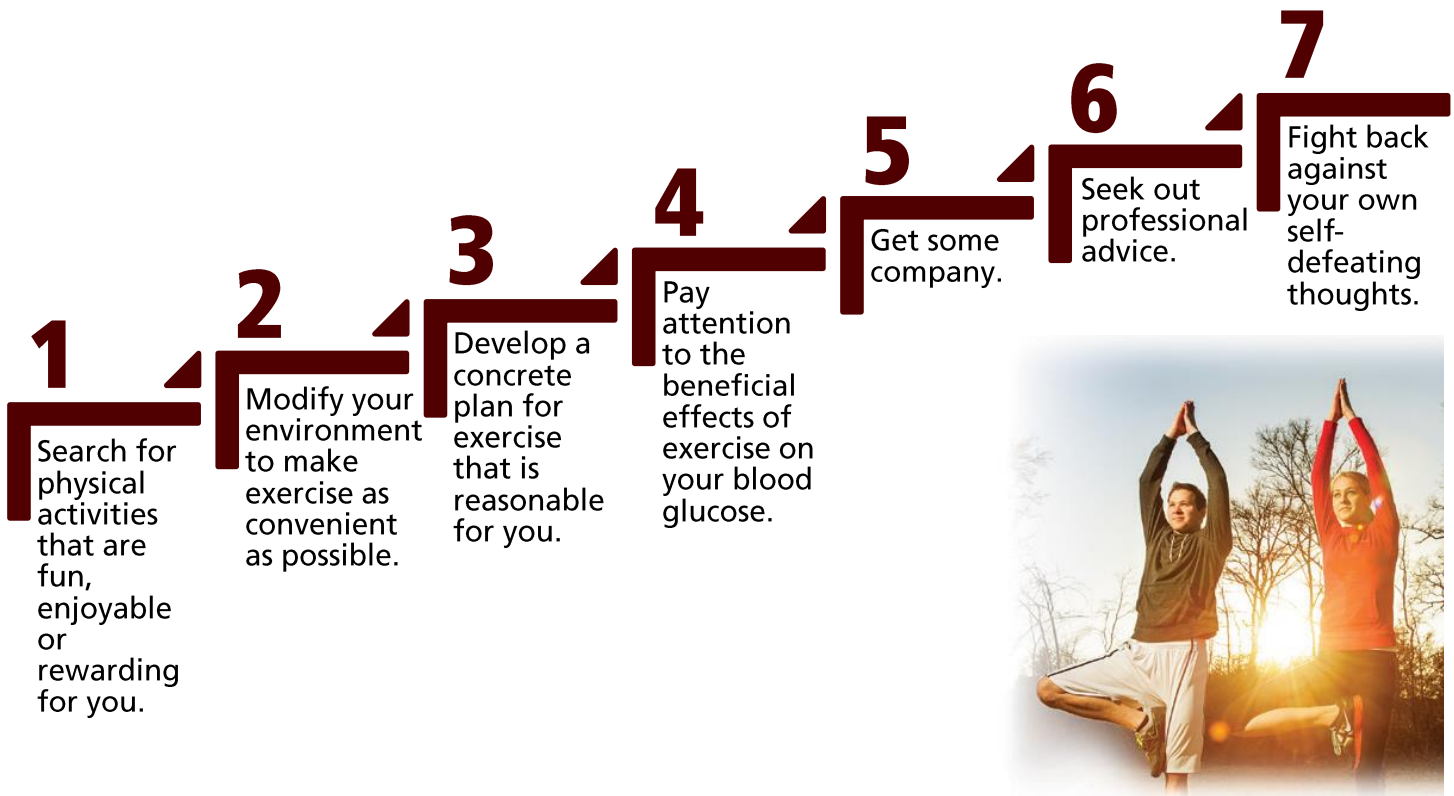
### Identify and **overcome**

Realize that the solution to diabetes burnout is to identify and overcome the barriers that may stand in your way.

In reality, there may be other problems that you wish to address and strategies that you want to try, but not right now! The best way to begin the process of change is to start with a clear plan, focusing on goals that are concrete and achievable. **Start moving step by step in the right direction.**



## SEVEN STRATEGIES FOR OVERCOMING THE BARRIERS TO EXERCISE



## SIX STRATEGIES FOR BUILDING A BETTER RELATIONSHIP WITH HEALTH CARE PROVIDERS

Prepare your visits.

Ask about the results of your medical tests.

Use the ABCs of effective communication: assertiveness, brevity and clarity.

Be an active participant in deciding about any changes in your diabetes care (especially self-care).

Take the risk of being open and honest.

Be aware of the pressures under which your health care team must operate.