1. **EAT 5 SMALL MEALS DAILY.**

One of the most crucial aspects of blood glucose management is adhering to healthy eating routines. Eating three meals with high-quality snacks in between helps stabilize blood glucose levels—helping you make healthier choices at mealtime, control portion sizes, and curb cravings.

2. **BE MINDFUL OF THE TWO Q’S: QUALITY & QUANTITY.**

Sometimes it is easier to choose healthy foods, but you might still be eating too much. Other times you may notice that you are not overeating, but the choices are not as healthy as they could be. Get in the groove of eating better and eating less.

3. **PLAN & PREPARE MEALS.**

Healthy eating does not happen by accident, it requires planning ahead, having healthy foods available and taking the time to prepare. We know we need to change what we eat, but we forget to think about how to implement the change. Meal planning can include dining out. Compile menus from local restaurants you know you can rely on.

4. **MONITOR.**

Whether you are trying to measure blood glucose, weigh in weekly, track caloric intake or count your steps, monitoring is an important way to collect data and measure progress. Remember, the purpose of tracking is not to do it perfectly every day, but rather to collect data, observe trends and celebrate successes!

5. **BE PHYSICALLY ACTIVE.**

Physical activity is an important part of diabetes management because it helps lower blood glucose levels, keeps stress under control and motivates us to maintain adherence to healthy eating routines. Finding opportunities to move more throughout the day to decrease longer periods of sedentary activity is a good step toward optimal health. Check with a doctor before rigorous exercise.

6. **MANAGE YOUR MOOD.**

It is normal to experience feelings of stress, anxiety and depression when diagnosed or living with diabetes. In fact, these feelings may have led to poor lifestyle choices in the first place. Healthy lifestyle changes will not only support diabetes management but will also support mental and emotional well-being. If you need additional support, seek help from a mental health professional.

7. **REDISCOVER YOUR HOBBIES.**

You may have drifted away from activities that you used to enjoy. Whether your responsibilities changed, time did not permit, or your preferences and energy levels shifted, personally meaningful leisure activities make us feel rested and alive and connect us with others. Engagement in leisure can improve mood, boost motivation and, when not food related, keep us from eating.

8. **DEVELOP STRONG TIME MANAGEMENT SKILLS.**

Life is complex and so is managing your health. Without good time management it is difficult to be efficient or effective at managing either. First, identify common barriers to managing time, such as high expectations and procrastination. Then laugh to create plans that are realistic: self-care behaviors, healthcare appointments and avoiding unnecessary stress.

9. **PUT YOURSELF FIRST.**

For those who develop chronic conditions such as diabetes, this can be the most challenging and most important lifestyle change. Managing your health takes time, it also requires that you prioritize self-care. Learning how to say “no” and set boundaries around your personal time is key to long-term diabetes management.

10. **IMPROVE YOUR HEALTH LITERACY.**

Understand health information and know which health services to pursue to effectively manage your diabetes. Certain testing, such as A1C, cholesterol and blood pressure should be completed at regular times and guidelines should be discussed. Also, test exams and eye exams are an important part of detecting diabetes related complications early.