Healthy Bytes

Health Management and Education Quarterly Newsletter
Our goal is to provide you with the latest news in the world of diabetes and tips for better managing diabetes, and information about health classes.

Inside this issue:
Health Education Opportunities Emotional Wellness Tips: Using Sunscreen Recipe

Interested in Learning more about Diabetes?

Preventing Diabetes Living Healthy
Learn strategies to delay or prevent pre-diabetes or diabetes

Let's Get Started
Overview of diabetes basics and self-management strategies

Strategies for Control
Learn the effects of daily choices on blood sugar and how to improve control

Dining with Diabetes: The Basics
Class offering overview of basic diabetes nutrition

Dining with Diabetes: Advanced
Practice carbohydrate management and meal planning
(Prerequisite: Dining with Diabetes: Basics or In Charge & In Control)

In Charge & In Control
Multi-session class discussing all aspects of diabetes (9+ hours)

Diabetes Recharge Workshop
Workshop providing updates on diabetes with emphasis on designing and reenergizing health goals

Want Information about Heart Health?

Do More with Heart Failure
Interactive class with a registered nurse, dietitian, and pharmacist to assist with daily management of heart failure

Keep the Beat: Strategies for a Healthy Heart
Learn how to keep a healthy heart through lifestyle changes

Other Learning Opportunities

On Demand e-Learning
Learn about various health conditions in your own time and at your own pace. Many topics available on livinghealthy.ucdavis.edu

Honor Yourself: Advance Care Planning & More
Interactive class to ensure your health and personal care wishes are documented

Living Healthy with Chronic Pain
Class designed to enhance self-management skills and improve quality of life for those struggling with chronic pain

8 Weeks to a Healthier You
Multi-session series to help those with chronic health conditions overcome barriers and achieve effective and healthy self-care skills

Stress Management
Workshop focusing on innovative approaches to managing stress

Easy Breathing
Learn about new treatments and self-care for asthma and COPD

Achieving a Healthy Weight
Overview of healthy weight loss strategies for a non-diet approach

Living Light Living Well®
Multi-phase weight management and lifestyle program

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We are constantly changing and growing throughout the life span. Emotional wellness is a key element for having a healthy balance in our lives and our relationships. It can help us with navigating through all the complex reactions and adjustments when faced with a chronic illness. We can experience emotional wellness by using these strategies:

- Being mindful and accepting of thoughts and feelings
- Expressing feelings effectively
- Managing emotions and reactions
- Staying optimistic and using a positive attitude
- Coping with stress in a healthy way
- Using relaxation and self-care
- Learning and growing from experiences
- Adjusting to change and enjoying life
- Obtaining support from family, friends, or the community
- Remembering to laugh :-)