

# The big diabetes stress busting plan



**1** What are the issues at the moment?

**2** How do these issues make us feel?

**3** Why is it important for us to work on these issues?

**4** What are the steps we need to take to improve things?

Step 1:

Step 2:

Step 3:

Step 4:

Step 5:

**5** Is there anyone or anything we need to help us?

**6** How will we know when things are starting to change?

**7** What will we do to celebrate our hard work?

We agree that this plan is important to us and that we're committed to working hard on it.

**Signed:**

