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DIABETES CLINIC NEWSLETTER

A monthly newsletter by University of Illinois Extension
Serving Livingston, McLean & Woodford Counties



Getting In-Touch with Your Feelings

How are you coping?

It is often difficult to identify, label, and express what you're feeling. Have you ever sat down to actually ask yourself, "how do I feel about having diabetes or potentially having diabetes?" Before we can truly help to manage our diabetes, we have to acknowledge how we feel about the disease. It's okay to have feelings of sadness, anger, or maybe even guilt.

Take time to listen to the inspirational poem "[Welcome to Holland](#)" by Emily Perl Kingsley. While it was written to share her emotional experience as a parent with a child with special needs, there are parts that can apply to someone with a chronic disease diagnosis. No one plans to develop diabetes, but if you stay angry at it, you'll miss the good things going on in the world around you.



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Planning for Success

Write out your S.M.A.R.T. goals

Once you have acknowledged your feelings about diabetes, you are ready for the next step. Developing sound goals is key to successfully preventing or managing diabetes. However, too often our goals are too broad and lack detail or are unrealistic. You need S.M.A.R.T. goals to get you on the track to success.

S.M.A.R.T. goals are specific, measurable, attainable, results-focused (or realistic), and time-bound.

SPECIFIC. Goals should be clearly defined with precise detail. Break down a broad goal into steps.

For example, instead of "I'm going to eat more fruits and vegetables." Try "I'm going to eat __ cups of fruit and __ cups of vegetables on Monday, Tuesday, Wednesday and Thursday.

MEASURABLE. Goals should be measurable so that you have a clear progression from beginning to end, preferably with milestones in between.

Instead of "I'm going to walk more." Try "I'm going to walk for 15 minutes five days/week in the morning." Use a fitness tracker or timer to time yourself.

ATTAINABLE. Your goals should stretch you enough so you feel challenged, but is not impossible to achieve.

Instead of "I'm going to lose 10 pounds in two weeks by eating less." Try "I'm going to lose 10 pounds in 3 months, losing 1 pound each week, by cutting all of my portions by 50% and waiting 15 minutes after meals to evaluate my hunger level."

REALISTIC. Ask yourself what you can commit to even with the obstacles around you.

Instead of "I will lower my A1C by eating all fresh produce." Try "I will lower my A1C by 1% in 3 months by replacing starchy vegetables with non-starchy vegetables at 2 meals each day."

TIME-BOUND. Define the time-frame of the goal. If it is a long-term goal, include several check-in times to see how you are doing.

Instead of "I'm going to exercise more." Try "By this Sunday, I'm going to make an exercise plan that will allow me to reach my goal of 150 minutes of moderate intensity activity a week." List the detailed plan with a time-frame.



My S.M.A.R.T. Goal

List one S.M.A.R.T goal you would like to achieve. It can be a short-term or long-term goal. Answer the questions for each of the SMART goal categories.

1. _____



How is your goal **specific**? What are your steps?

How will you **measure** whether or not the goal has been reached? How will you track your progress?

Does the goal challenge you and also serve as something that you can **achieve**? Do you have the necessary knowledge, skills, abilities, and resources to accomplish the goal?

Is your commitment **realistic** after considering all obstacles?

Does your goal have a **time-frame**?

S.M.A.R.T. goals can motivate and help build confidence, putting you on the path to success! Be sure to regularly evaluate your progress and update your goals, whether after a failure or after success.

Questions?

Contact Jenna Smith, Nutrition & Wellness
educator and registered dietitian, at
309-663-8306 or jesmith6@illinois.edu.

Egg with Avocado Toast

Yield: 1 serving



1 slice whole wheat bread
1/2 avocado, sliced
1 egg

1 teaspoon olive oil (if desired)
Pinch of salt and pepper

Instructions: Wash hands with soap and water. Toast bread in toaster. Slice avocado. Cook eggs anyway you like them. Lay avocado and cooked egg on top of toast. Drizzle with olive oil (if desired), salt, and pepper.

Nutrition Facts (per serving): 360 calories, 24 grams fat, 290 milligrams sodium, 27 grams carbohydrate, 5 grams fiber, 7 grams protein



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Early requests are strongly encouraged to allow sufficient time for meeting your access needs.