

How to Involve Family and Friends in Your Health

VIDEO 12



You don't have to do this alone.



Managing diabetes every day is a lot of work. The right people in your corner can help you feel less overwhelmed and more empowered.

- 1 Pick people you trust**
- 2 Find an accountability partner**
- 3 Start small**

Spirituality and health are connected.



PRAYER · PRACTICE · PEACE



HEART · HEALTH · HOPE

One of the strongest predictors of how well someone manages diabetes

is the support they get from family and friends.



Making your goals.

Improvement is a daily process. Write your goals down, keep them visible, and let small wins build your motivation.

Specific · Measurable · Achievable · Realistic · Timed



Having people who support you makes a difference.



1 EMOTIONAL



2 PRACTICAL



3 MOTIVATION

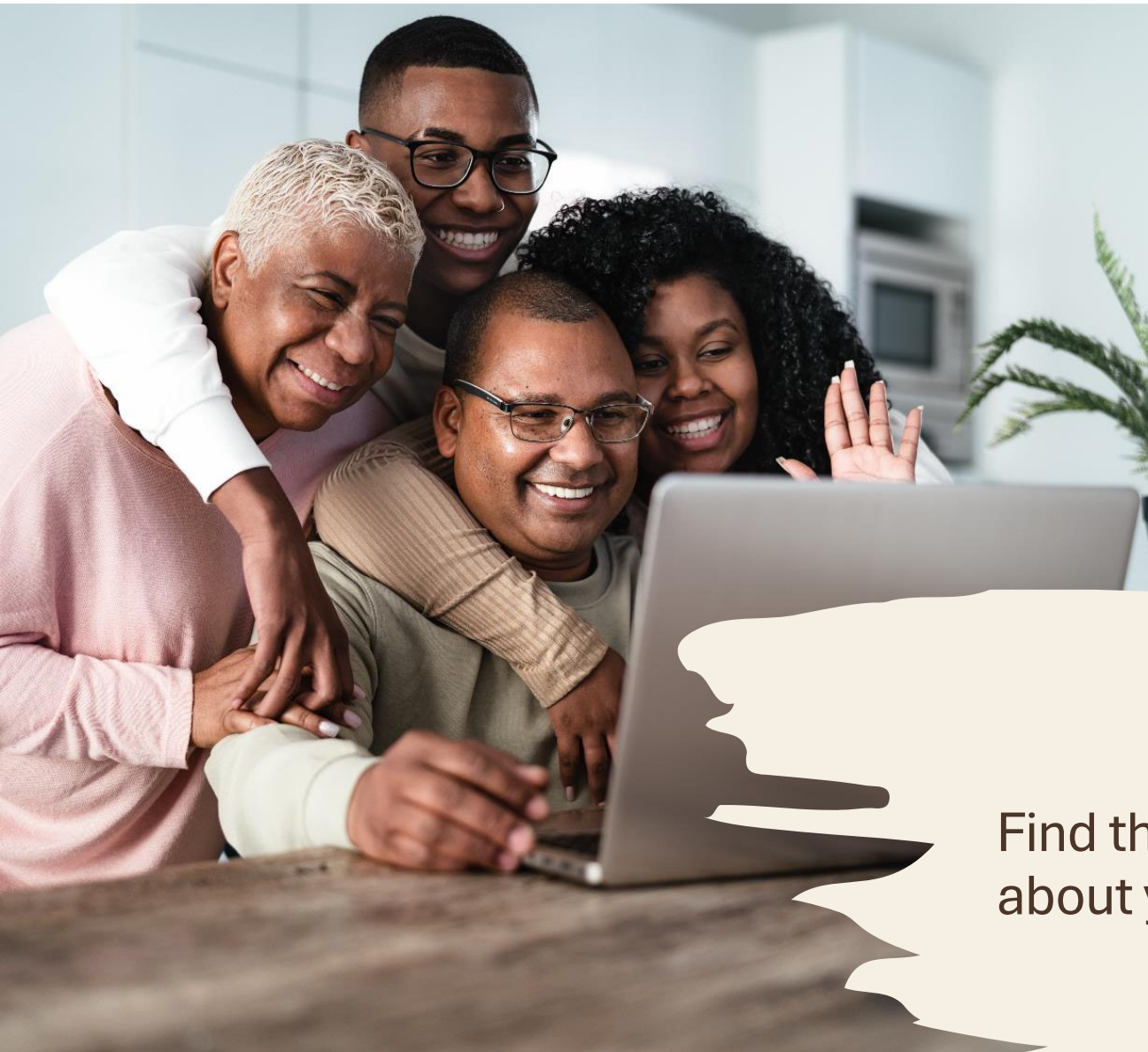


4 GUIDANCE



5 POSITIVE

Loved ones who know your goals can encourage healthier habits for the whole family.



Find those people who care about you to have better habits.



**Start by
encouraging your
family to eat
healthier.**


Exercise as a family.

If your children and family are willing to move with you, it stops feeling like exercise and starts feeling like time together.



**But what if your family
doesn't help you reach
your goals?**



A soccer ball is caught in a goal net, symbolizing achievement or a goal. The background is a blue sky with white clouds.

How are your health goals doing?

?

What is going well?

?

What is hard right now?



Do you need help talking to
your friends and family ?

Your CHW can teach you how to
CONNECT with others

References

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