

Depression & Anxiety Program for Diabetes

Living with diabetes can have a major impact on your mental health and well-being. This can make it harder for you to manage your diabetes.

My Military Health offers a digital therapy course. It can help you to feel better by learning new ways of thinking. By taking the Diabetes program, you can improve your mental and physical health, and boost your quality of life.



Knowledge and understanding

Feeling low or anxious can make it harder for you to manage your diabetes. And if your diabetes is not well controlled, it will affect your mood. This program will help you to understand this cycle and find out how to break it. You'll find out about the link between what you think, how you feel, and what you do.



Skills and strategies

You'll learn to catch unhelpful thoughts that can stop you from managing your diabetes well. By challenging these worries you can stop them from taking over your thinking. The program will help you to find activities you enjoy and to feel confident doing them. You will learn it all in small, easy steps.



Forging ahead

At the end of the program, you will understand your diabetes better, and know how your thoughts can affect the way you manage it. You will make a plan to help you continue your progress and stay well in the future.

Is this program for me?

This program can help you learn how to manage the emotional and physical symptoms of diabetes.

You can access the program on your phone, computer, or tablet – wherever and whenever you need it. There are nine modules to work through at your own pace. For most people it takes about eight weeks.

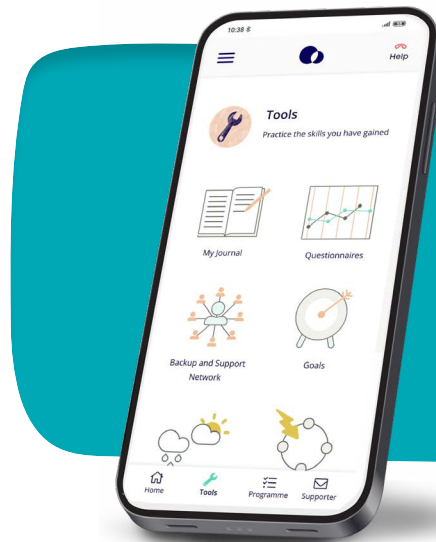
There may be days when you don't feel like using your program – but even just taking a moment to log your mood or do a relaxation exercise can help you to keep going. The smallest actions can make a real difference to how you're feeling.

Cognitive behavioral therapy

This program is based on cognitive behavioral therapy (CBT). CBT is an effective treatment for anxiety and depression. It allows you to become more aware of how you are feeling and teaches you how to make the changes you need to feel better.

Program modules

- **Getting Started** – Find out about CBT and how it can help you to feel better.
- **Boosting Behavior** – Doing things differently can boost your mood. This module shows you how.
- **Spotting Thoughts** – Spot those negative thoughts that pop into your mind and stop you from seeing things as they really are.
- **Challenging Thoughts** – Learn how to tackle negative thinking.
- **Managing Worry** – See the role that worry plays in anxiety and learn how to manage it.
- **Bringing it All Together** – Reflect on what you have learned, and how you can put it into practice whenever challenges emerge.



“I didn't know that my mood was linked to my diabetes, so it was a relief to find out that other people find it hard too. Working through the program gave me some control back. Knowledge is power!”

- Aarna, program user

Tools and activities

The program contains many helpful tools and activities including:

- **Personal Stories** – Find out how other people experience low mood and anxiety caused by diabetes and how this program helped them. You will realize you are not alone.
- **Quizzes** – Test your knowledge about diabetes and well-being. Learn the factors that influence it.
- **Mindfulness Exercises** – Take a moment to slow down and find peace with our relaxation podcasts.
- **Personal Journal** – Keeping a journal can clarify your thoughts and feelings. It can help you to solve problems, too.
- **Worry Tree** – Break down problems and find some solutions.
- **Mood Monitor** – Track your moods. See how your lifestyle choices impact these moods.

For technical assistance, contact the My Military Health Help Desk:
844-DIAL-MMH (844-342-5664) dhasupport.mymilitary@health.mil

