



# DIABETES PREVENTION PROGRAM

## TIV THAIV MOB NTSHAV QAB ZIB




### Week 12, Session 9: Monday, February 8, 2021 to Sunday, February 14, 2021

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| <b>SESSION FOCUS</b> | Manage Stress: How to Reduce & Deal with Stress   |
| <b>KEY POINTS</b>    | <ol style="list-style-type: none"> <li>1. Learn the link between stress &amp; Type 2 Diabetes.</li> <li>2. Learn the causes of stress.</li> <li>3. Learn ways to reduce &amp; cope with stress.</li> </ol>  |
| <b>ACTION PLAN</b>   | <ul style="list-style-type: none"> <li><input type="checkbox"/> <b>Link between stress &amp; Type 2 Diabetes</b> – watch “Stress + Diabetes: What to Know” video to learn how stress impacts your blood sugar and what you can do to prevent it from wreaking havoc on your life and your diabetes. <ul style="list-style-type: none"> <li><a href="#">▶ Stress + Diabetes: What to Know</a> – video in English</li> </ul> </li> <br/> <li><input type="checkbox"/> <b>Learn the causes of stress</b> – watch video from Tou, Recovery Support Specialist, on what causes stress, such as from family, friends, work, and school. Also watch video from Wanda, Health and Wellness Lead Coordinator, on causes of stress in times of COVID-19 and how to cope by doing your favorite activities. <ul style="list-style-type: none"> <li><a href="#">▶ Causes of Stress</a> – video in English by Tou &amp; video in Hmong by Wanda</li> </ul> </li> <br/> <li><input type="checkbox"/> <b>Learn ways to reduce &amp; cope with stress</b> – review “Ways to Reduce Stress” handout (<a href="#">Click Here</a>) to learn tips to make your life less stressful and “Healthy Ways to Cope with Stress” handout (<a href="#">Click Here</a>) to learn how to cope with stress in healthy ways and learn ways to relax anytime, anywhere. Watch video by PaDee, Tobacco Prevention Coordinator, on how she copes with stress. Also watch “Stress Relief Tips” video by Northwell Health, providing 6 ways to increase the feel-good chemicals while lowering stress level. <ul style="list-style-type: none"> <li><a href="#">▶ Stress Management</a> – video in Hmong/English by PaDee</li> <li><a href="#">▶ Stress Relief Tips</a> – by Northwell Health</li> </ul> </li> </ul> |

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## ACTION PLAN

- Meditate to de-stress** – watch this calming 10-minute meditation “Zam Txim Rau Kuv Tus Kheej” by EmPajwer Meditations to help you relax and de-stress from the day. Follow Pajdee’s soft-spoken voice, helping you ease into a relaxed state of mind as she encourages you to forgive your past self and embrace how far you’ve come.
  -  **Zam Txim Rau Kuv Tus Kheej** – 10-minute Hmong meditation by EmPajwer Meditations

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If you have any questions or would like to connect with a Lifestyle Coach for more ideas or one-on-one support, please contact **Lindsey Lee** by email at [lindseyl@hmong.org](mailto:lindseyl@hmong.org) or by phone (612) 244-5721.