

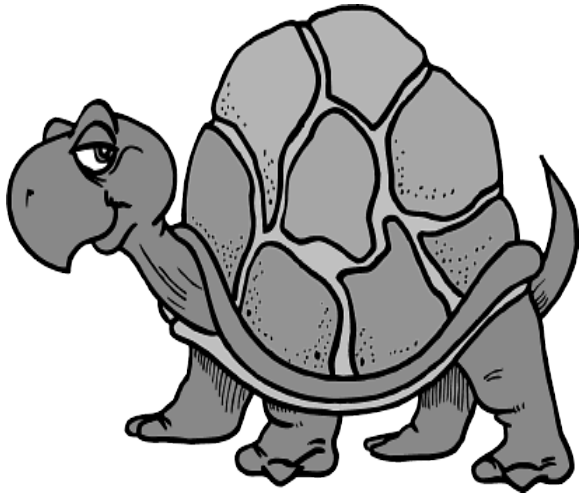
Be Patient

Some habits are hard to break.

Learning new ways
to chill will take practice.

Be patient.
Try one at a time.
You'll get there.

*Slow and steady
wins the race.*



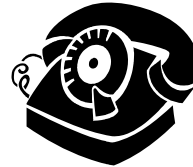
Your Community Health Center Cares About You

Want More Information?



Ask your medical
provider.

Call the American
Diabetes
Association.
1-800-DIABETES
(1-800-342-2383)



Information is only for educational purposes.
It is not intended as medical advice.
To determine if it is appropriate for you,
consult your medical provider.

Distributed by the
Connecticut Department of Public Health.

Live Free with Diabetes

Chill!



Simple Ways to Relax

Chill

Chill means relax.
To calm down.



Don't smoke, drink or eat
to reduce stress.



There are better
ways to relax.
And they are simple.

Simple Ways to Chill

Smile Often

Bet you can't do it
without feeling happier.
Try it.



Laugh Often

Laugh alone and with others.
Enjoy the funny things in life.

Daydream

Imagine good times.



Breathe

Sit down.
Close your eyes.
Take slow, deep breaths.
Let your body melt.

More Chillin'

Move Your Body

Take a walk. Dance.
Moving the body
helps reduce stress.



Express Yourself

Don't keep it in.
Don't explode.
Tell a friend how you feel.

