Leeds Mental Wellbeing Service

Diabetes and Psychological Wellbeing

Receiving a diagnosis, or living with diabetes on top of all other life stressors can feel overwhelming and exhausting. Feeling overwhelmed and tired can lead to stress and low mood; this understandably can have a negative impact on your diabetes management. We can think of this as a vicious cycle because the more you struggle with diabetes management, the more overwhelmed and stressed you may feel and vice versa.

Understanding and learning about mental wellbeing is empowering. The Leeds Mental Wellbeing Service can help you learn to identify the unhelpful thoughts, feelings, and behaviours that may be maintaining this vicious cycle. We will then teach you techniques to manage the unhelpful thoughts, feelings, and behaviours; and start to create a healthy, positive cycle of good mental wellbeing and effective diabetes management.

We are offering an online course consisting of six weekly sessions each lasting 1 hour 30 mins from 10 - 11:30am.

We welcome you to book onto the course directly via the Leeds Mental Wellbeing Service website:

https://www.leedscommunityhealthcare.nhs.uk/our-services-a-z/ leeds-mental-wellbeing-service/home/

Please do not hesitate to ask any healthcare professional to assist you with booking onto the course.

If you or your healthcare professional have any queries, please call **0113 843 4388** or email **leeds.mws@nhs.net**

A brief outline of course content:

■ **Week one**
An introduction to diabetes and psychological wellbeing

■ **Week two**
Physical symptoms and relaxation

■ **Week three**
Behaviour and motivation

■ **Week four**
Worry and rumination

■ **Week five**
Identifying and challenging unhelpful thoughts

■ **Week six**
How to maintain change and manage setbacks

Leeds Mental Wellbeing Service is a partnership between:

Leeds Community Healthcare NHS Trust, Leeds and York Partnership NHS Foundation Trust, Leeds GP Confederation, Northpoint Wellbeing, Community Links, Touchstone, Women's Counselling and Therapy Service, Homestart Leeds, Ieso Digital Health, SilverCloud Health, SignHealth