

26 Tips
for
Easier Living
with Diabetes

"I love your message.
Thank you for inspiring the world."

-Leeza Gibbons
Emmy Winning TV & Radio Host

AMY JORDAN

FORWARD

Dear Friend!

Thank You for taking a moment to pick up this book.

I know these ideas are simple but as a woman living with Type 1 Diabetes for 45+ years, I have learned a lot along the way.

When I was a child and young adult, I was so ashamed of my diabetes. I hid it from myself and everyone else.

Eventually, I became invested in taking care of myself. I also became invested in supporting others like myself to thrive with diabetes.

Sometimes it is the simplest ideas that have made the biggest difference in my daily diabetes management. This book is designed to inspire us, remind us and help others understand what living with diabetes daily demands.

So, to you, I say CONGRATULATIONS! For taking such great care of yourself and being an example for others.

We are WINNING. With much love & appreciation,
Amy Jordan

TIP 1

Preparation is Prevention

Take some time to have the food I need wherever I go. I think ahead. What travels well? Nuts, apples, string cheese, peanut butter in single serving cups, low glycemic protein bars. Organic Turkey Jerky, etc. What 4 or 5 snacks are good for you when traveling?



TIP 2

Never Leave Home Without It!

Keep glucose tablets in every bag, purse or pocket. A little prevention goes a long way. Don't have the worry about treating low blood sugar.



TIP 3

Injecting insulin is OK!

Discreetly taking my insulin in public demonstrates self-respect and self-care. I have no reason to hide my diabetes management in a bathroom. If I need to take a shot and am not able to get away, I will take care of myself rather than be concerned about what others around me think.

We can be mindful of others and still get the care necessary. In tight spots like airplanes, theaters or the dinner table we can be discreet and still practice self-care.



TIP 4

Educating Others

Requesting the right food, testing blood glucose and managing medication in public educates others on what diabetes management really looks like.



TIP 5

Ask Ahead of Time

When going to business or social events, find out ahead of time what types of food will be served and when. This allows for pre-planning and fewer surprises.



TIP 6

Eat Before I Go

How many events serve diabetes friendly food and drink? Eat an appropriate meal or snack to prevent hypoglycemia. If I eat before I go, there is less chance I will find myself in a situation in which I have to make the best of a bad set of choices.



TIP 7

Get Some Sleep

Seems simple doesn't it? More and more studies are proving the power of good sleep. Exhaustion can trigger the need for energy. When I am overtired is when I reach for the Oreos. Get good rest for a clear head and potentially less hunger cravings.



TIP 8

Find the Gym or Take A Walk

Whenever traveling or in a long conference be sure to find a gym, pool or place to walk. I schedule time to keep up a fitness regimen even if I miss a few hours of my scheduled event.

I have found this vital to maintaining good blood glucose management on the road. Resistance bands travel well, and workout videos are great in a hotel room.



TIP 9

Let People Know

While well meaning so many people want me to eat that second helping, cookie or piece of pie. Even some 'sugar free' items can still be high in carbs. I take pride in the self-care to thank them and let them know I have diabetes. It shuts them up!

On holidays or at parties remind people diabetes does not take a vacation. Maybe it will inspire others to maintain a consistent wellness program.

DIABETES



TIP 10

Test, Test, Test!

Information is power. Frequent blood glucose testing allows me to monitor my diabetes and my emotions. If I start feeling funny or my mood begins to swing in any direction, I whip out the meter. Once I know my blood sugar, I can gauge how to resolve the issue.



TIP 11

Continuous Blood Glucose Monitoring

Even better is the new technology of continuous blood glucose monitoring. This allows a steady watch on the movement of blood sugar. It is more discreet than testing in public and allows information how blood glucose is trending.



Note: “Smart device not included.”

TIP 13

No Judgement

Just because I have diabetes does not mean I am superhuman. I do my best to manage my condition, but some days are better than others. I hold no judgement on myself if my glucose is off or I make a less than great food choice.



TIP 14

Good, Better, Best

I was recently on location in a town that was a food desert with truly NO reasonable place to eat. My colleagues and I decided on Wendy's Fast Food. In this situation it was the best we could find. I skipped the fries and went for the grilled chicken sandwich and a side salad. We made it work.



TIP 15

Yes, You MUST Have A DOCTOR....

The health and wellness industry are always coming up with a new miracle weight loss or health management system or 'way' to manage diabetes. **WORK WITH A DOCTOR.** Working with a health care professional has made all the difference in helping me figure out how to stay on top of my diabetes.



TIP 16

Positive Support

Diabetes is tricky. Sometimes things get way off track for no reason. Find an expert treatment team, a licensed nutritionist and friends who will be there when the going gets weird and frustrating.



TIP 17

Yes, Sometimes It Just Sucks!

I don't like having diabetes any more than anyone else. Some days I just want to take a break from the constant monitoring, or I just want to eat that cake. There is nothing wrong with a little lamenting every now and again if it does not become the norm. We deal with a lot. Congratulations on everything you do for yourself every day!



TIP 18

Take Extra Stuff

On numerous occasions I have been traveling and either dropped and broken some of my medication bottles or didn't have enough. This meant I went running around a strange city looking for a pharmacy that had what I needed. If and when I did find it I generally had to pay out of pocket. Lesson learned: ALWAYS have extra stuff.



TIP 19

Take It with You

It's a fact. Luggage gets lost. I may pack some of my medications in my checked bag, but I ALWAYS have the essentials and some extras on my person. If nothing else, it eases my mind.



TIP 20

Inspire Others...

Once I stopped feeling shame about my diabetes and its restrictions, I found people were very curious. So often people say my diligence, healthy eating and management inspires them to re-evaluate their own wellness habits or visit their Doctor.

Happy Wednesday everyone! Today I would like to share another tip with those of you living with diabetes like myself. I have come to learn the importance of inspiring others around me, but before I was able to do that, I had to find inspiration in myself.

Once I stopped feeling shame about my diabetes and its restrictions, I found people were very curious. So often people say my diligence, healthy eating, and management inspires them to re-evaluate their own wellness habits or visits to their doctor.

My hope is to inspire each one of you to push yourself to be the best version of yourself and inspire others around you to

do the same. Although there is no cure for diabetes, the disease can be managed successfully. To learn more about living life well with diabetes, read [26 Tips for Easier Living with Diabetes](#) by Amy Jordan.

#diabetes

#tobeinspired

#inspireothers

#easierlivingwithdiabetes



TIP 21

Their Story Is Not MY Story

We hear so much about the horrible things that happen because of diabetes. I myself experienced severe complications. Everybody is different. If I meet someone who is having challenges or problems related to diabetes that doesn't mean it will happen to me. Everybody is different. Follow your path and support others to follow theirs.



TIP 22

Make It Sexy

Ladies, I don't know about you, but I went to great lengths to hide my diabetes from a guy. Now I whip out the supplies when he's around. When I was on an insulin pump the unclipping of the pump became part of the fun of making out.

Make it hot for your partner and for YOU!
It's a lot more fun and lightens the mood.



TIP 23

Dress Up the Supplies

No offense to the manufacturers but those glucose monitoring kits and glucose tablet packages aren't very cute. Find things you love to hold your supplies. I have some fun zipper pouches and often people react to the colors and styles when I whip them out to test. This sparks positive conversation. If I am on a business trip or meeting people for the first time it gives me a great SEGUE to chat about having diabetes and how I manage my condition.



TIP 24

No Method to The Madness:

I had followed protocol, taken my insulin, eaten well and when I did a glucose test it was over 300. My first reaction was to cry in frustration. After calming down I realized sometimes there is no method to the madness and what worked yesterday may not work today. I did my best to rectify the situation and the blood glucose was back to normal in a few hours.



TIP 25

Eat Food!

Maybe it's a girl thing but I am always wanting to lose just 6 more pounds. I am constantly reminded by my healthcare team that eating well and frequently is best for my weight management, my diabetes and my life.

When I go with this guidance and eat a good snack at bedtime, I am pleasantly surprised that my blood sugar is much more level the following day. Again, this is MY personal experience. Find out what works for you.



TIP 26

I Am A WHOLE Person

Diabetes today is very different from when I was diagnosed over 45 years ago. There is less stigma and more helpful information. New technology and treatments are constantly being introduced. While you and I have a chronic condition, we are a whole people with a full life.



RESOURCES

Outlined are some resources I find both inspiring and helpful. You can also get regular motivations and interesting stuff on Instagram @amyjordanspeaks.

Amy Jordan

<https://www.amyjordanspeaks.com>

Beyond Type 1

<https://beyondtype1.org>

DPAC

<http://diabetespac.org>

<http://diabetespac.org/resources/>

Diabetes Strong

<https://diabetesstrong.com/3-fitness-diabetes-myths-shouldnt-believe/>

Dexcom G6® Continuous Glucose Monitoring System (CGM)

<https://www.dexcom.com>

DISCLAIMER

This book is a compilation of things I wish someone had shared with me as I was growing up with type 1 diabetes.

I am NOT a doctor, nutritionist or medical professional. This book is NOT for medical guidance, diagnosis or treatment.

Please see your health care practitioner for ALL medical care.

Amy Jordan

Do you ever feel like no matter what you do it isn't enough? Do you feel isolated or left out because you have diabetes?

I totally understand. Like you, I am living with diabetes. We know all too well the day to day challenges of managing the condition. I created this book as a simple and heartfelt guide to diabetes management.

It is also meant to help those of us who have grown up with diabetes educate and integrate our condition socially, emotionally and physically. Simply put, these are tips I wish I had at my fingertips over 45 years ago when I was diagnosed with type 1 diabetes.

I hope this little book is a source of comfort, a reminder you are AMAZING and something to give to friends and colleagues on how they too can support easier living with diabetes.

This is for YOU.

Enjoy, prosper, thrive and Congratulations.

Amy Jordan



This is an amazing woman with an amazing story. If you would like to take your life to the next level and move through what you think is stopping you; Amy Jordan can help you do that.

~**Jack Canfield**

New York Times Best Selling Author

Chicken Soup for the Soul

The Success Principles

Star of the breakthrough movie: 'The Secret'

"Amy is the most inspiring person I have ever met."

~**Chita Rivera**

Two Time Tony Award Winner

Presidential Medal of Freedom Recipient

"Amy Jordan is my friend. She is so inspirational and motivational. If you have any challenges to overcome Amy can be life changing for anyone."

~**Kevin Harrington**

Original Shark from Hit TV Show Shark Tank

Over \$3 Billion Sold on TV

