

Book review

Diabetes and wellbeing: Managing psychological and emotional challenges of diabetes types 1 and 2

Reviewed by Trisha Dunning

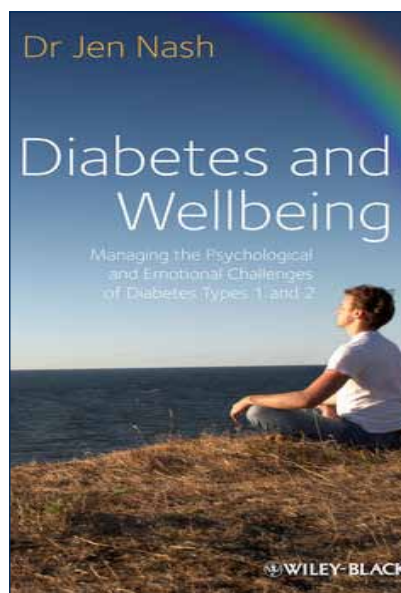


It is well documented that people with diabetes experience significant emotional distress, anxiety and depression. Psychological distress has a significant effect on physical functioning and self-care, and can have adverse effects in the long term. Some diabetes-related distress is associated with a lifetime of hard, relentless, and often thankless work of diabetes self-care. It is also clear that positive thinking and psychological wellbeing is associated with better physical health, enhanced immunity, happiness and quality of life.

Positive psychology

Jen Nash's book, *Diabetes and wellbeing: Managing psychological and emotional challenges of diabetes types 1 and 2*, was written for people with diabetes, using established psychological principles as the basis for the advice and strategies provided throughout the book. There is an emphasis on positive thinking, solution-focussed strategies and happiness, in keeping with positive psychology.

The information reflects the author's psychology training, as well as her personal journey with diabetes. However, the book is essential reading for health professionals caring for people with diabetes, particularly those health professionals who have diabetes themselves. Many of the



Author: Jen Nash
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strategies outlined in the book could be used in clinical practice.

The content covers a range of diabetes-related issues including how to deal with diagnosis; the use of cognitive behavioural therapy in people with diabetes; depression and low mood, and managing fear, anxiety and worry. The book reflects the range of diabetes-related transitions people with diabetes encounter throughout their lives.

Chapter 8 focusses on mindfulness, which especially resonated with me. Meditation is a morning ritual in my daily life. Meditation and mindfulness enables me to cope with a hectic life and

stay focussed and grounded, and to be present in the moment when I am with people with diabetes, colleagues and my students.

The author included a range of reflective self-help tools and questions that encourage people to work through issues and find solutions, and in the process learn a great deal about themselves. A range of thoughtfully-selected further reading, recommended resources and how to find a therapist is also included. The book is well written and readable, but the language level may be too high for people with health literacy deficits. I recommend the book to both people with diabetes and health professionals. ■

Reviewer

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