

The self-love and the mental aspects of living with chronic illness, such as diabetes. why is it necessary? Why is it crucial to find your way of showing yourself self-love?

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Abstract

In this modern up to date world health care professionals are unable to provide any information to diabetic patients that concerned with their mental health. A diabetic patient suffering mentally too so there must be some counselling sessions that help diabetic patient to revive its mental health and it is important to comforting a diabetic person. Such individuals trapped into the situation of persistent stress and disappointment because of continuous problems of blood glucose. This lifelong disease disheartened persons and negatively affect patient care, putting them into mental trap of negative thoughts like diabetes is incurable disease, no good can come from it. Unaware of facts that how chronic diabetes mentally can be and what complications it going to cause next, the entire attention of doctors is on altering doses. A personal health monitoring diary of stress and glucose levels can be helpful in finding a pattern and in establishment of correlation between elevated glucose levels and raised stress levels. Diabetes has its positive aspects too that makes you quite different from others such as this disease becomes you more self dependent and tough. A diabetic patient must set its target of fighting with diabetes and not put down by this disease. Diabetic goal of life is how harder the circumstances are how much blood pressure, cholesterol and HbA1c are bothering, I can cope up with all the situation, I am the one and I can turn it around. This is all about to accept your weaknesses and turn it into you strength. More a diabetic have to do a strict eye on its routine of life such as right diet intake, proper exercise and sleep requirements necessary for health. At last not cut off yourself from people just because you are diabetic, build up your social connection and spend prosperous time with people surrounds you. Maybe you have the ability to turn someone's life.



Biography:

Neil Fox is a qualified British Association of Cardiovascular Rehabilitation "cardiac exercise specialist", personal trainer, fitness blogger and an online coach.

Neil took an interest in cardiovascular health and rehabilitation. Neil took his education to the next level earning a Master of

Science in Cardiovascular Health and Rehabilitation from the University of Chester. Neil started blogging in mid-2017 while studying his master's degree and was awarded the "Best Fitness Blogger" 2019 by the Irish Fitness Industry for his expertise knowledge and amazing life changing results and testimonials from clients.



Speaker Publications:

1. The purpose of this Knows Your Heart site is to enlighten the public regarding ways to improve their heart health, avoid heart disease, stroke, identify heart attack. Publication date January 8, 2019 publication description www.neilfoxhealthandfitness.com.

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