

@thecuriousdiabetic



The Curious Diabetic

7 Questions that made me

a better Type 1
Diabetic

#1

Is that assumed or confirmed?

When I was diagnosed I was told that blood glucose swings would be an inescapable truth of my daily life. I was also advised to avoid too intense exercise, because it would be too dangerous.

For years I accepted that blood sugar rollercoasters interrupt my study and work time and destroy any joyful activity.

I also avoided exercise out of fear.

Then I challenged those assumptions, fixed my time in range, got my productivity back and started to run marathons.



#2

Imagine your life as a book. What title would you give to the current chapter, and what is going to be the next?

In the midst of the pandemic I was completely lost. Alone in a foreign country, depressed and binging on foods that highly compromised my life with diabetes. I was writing a dramatic chapter, a very dark “Lost In The Darkness”.

This question kickstarted the small mental shift that snowballed into me gaining control again. I like the book I am writing now.



#3

When have I felt most joyful this year and what steps can I take to recreate those conditions?

Once I started to take the time to observe the path I was creating, I could finally see that there were some successes. I cheered on the fact I had picked up eating salad every day, so I kept buying salads.

This question helped me defy the old narrative that any attempt to improve my diabetes management and my health was bound to failure.

I could recognize I was on the right path, and that gave me confidence to go all-in.



#4

Design for relaxation. What is one change I can make to my environment that promotes mental peace and reduces stress?

I also discovered mindfulness, which has had a profound impact on my life as a whole.

I understood that diabetes and stress are closely related, and I started to redesign my days, my routines, and my interior dialogue.

I created more opportunities to decompress the mind, learned how to be kind and forgive - myself and others. Living free(er) of stress makes all the difference.



#5

What if you stopped looking for new ideas and simply focused on the best idea you have right now?

This question helped me defy the analysis-paralysis. There were so many things to address and ideas to consider to improve the stability of my blood glucose that I had no clue where and how to start.

Food, exercise, sleep, lifestyle...too much!

Why don't I just start from walking up the stairs, instead of taking the elevator? That was a good idea to start. It compounded.



#6

Think about something you have been trying to make progress on recently. What is a completely different line of attack for solving it or a wildly different approach you can explore?

If peanut butter was in sight, I'd just eat the entire jar in one go. For months I would promise myself I'd just stop, until I saw the next jar, and I was back at the start.

Relationship with food was (is) a hot topic for me, and I cannot solve it in the kitchen.

So I started going at the park more. I was not in the kitchen, the peanut butter was not tempting me, and my blood sugar thanked me.



#7

What do I want to celebrate 12 months from now?

I was not running nor eating well, but I envisioned myself completing a marathon.

Doing so would mean that I knew how to better control my health, that I had solved most of my food cravings and I knew how to use diabetes as my engine, rather than an obstacle.

And that I had developed the mental fortitude to achieve what others told me to avoid “for my safety”.

One year later, I love running marathons.



YOUR TURN NOW!

What are your answers to these questions?

Can you find 10 minutes to write down your thoughts today?

I'd be curious to see what happens one year from now!



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