
Module 9 – Empowering Diabetes Self-Management: Motivation and Communication

Downloads:

- Provider Handouts
 - [Acronym List](#)
 - Diabetes and Emotional Health Workbook, [Chapter 3: Diabetes Distress](#)
 - [Examples of Strategies to Address Diabetes Distress](#)
 - [Mental Health Toolkit Questionnaires](#)
 - Diabetes and Emotional Health Workbook, [Chapter 1: Communication and Engagement](#)
 - [Speaking the Language of Diabetes](#)
 - [Preferred Language for Weight-Inclusive Conversations](#)
 - Diabetes and Emotional Health Workbook, [Chapter 5: Psychological Barriers to Insulin Use](#)
 - [Examples of Strategies to Address Psychological Barriers to Insulin Use](#)
 - [Mental Health Toolkit: A Guide for Providers](#)
 - [Simplified Meal Announcement vs Precise Carbohydrate Counting](#)
- Patient Handouts
 - [Mental Health Toolkit Handouts for People With Diabetes](#)
 - [The ABCs of Diabetes for PWD](#)
 - [Diabetes and Your Emotional Well-Being](#)
 - [Diabetes Symptoms and Tests for Patients](#)
 - [Managing Your Medicines](#)
 - [Insulin: An Important Medication](#)
 - [Understanding Your A1C Test](#)
 - [Glycemic Targets](#)
 - [What to Expect With Your Diabetes Care](#)
 - [Take Your Best Shot](#)
 - [Take Your Best Shot Slide Deck](#)

Online Links:

- Provider Links
 - [Diabetes Distress Assessment and Resource Center](#)
 - [Diabetes and Emotional Health Workbook](#)



**Diabetes
Is Primary®**

- [Association of Diabetes Care & Education Specialists](#) Tool & Resources
- ADA's Clinical Support [Patient Education Library](#)
- ADA's Professional Development [Infographics](#)
- [Standards of Care in Diabetes —2024 Section 5: Facilitating Positive Health Behaviors and Well-being to Improve Health Outcomes](#)
- [Abridged Standards of Care in Diabetes—2024 Section 5: Facilitating Positive Health Behaviors and Well-being to Improve Health Outcomes](#)
- [Standards of Care App](#)
- ADA's [Behavioral Health Resources](#)
- [A Person-Centered Approach to Obesity Care](#)
- [DSMES Toolkit](#)
- Additional Courses
 - [Words Matter: Leveraging the Power of Communication in Clinic Visits](#)