



It can be challenging to live with any long-term health condition. Being told that you have diabetes can evoke a range of feelings for people, including denial, anger, guilt and sadness. Adjusting to life with diabetes is a process that can take time and effort, and making the necessary lifestyle changes to best manage the condition often requires a decent level of motivation and support from those around you.

This is what psychology support is all about. A psychological approach that has been shown to be particularly helpful is called Cognitive Behaviour Therapy (CBT). It is recommended for people with a range of health conditions, including diabetes, and is suggested in best practice guidelines like NICE. CBT helps people understand important links between their thoughts, feelings and actions, and how this can help or hinder the way in which they manage their diabetes. Learning ways to do things differently (by, for example, setting important goals that are achievable, or by keeping stress levels in check) and by learning ways to manage unhelpful thoughts and feelings (such as frustration and low confidence) are all techniques that are taught within CBT to help people improve their physical and emotional health.

Within the local community, this kind of support is provided by LIFT Psychology. A LIFT psychology practitioner is based within each GP surgery in Swindon and Shrivenham. You can make an appointment to meet with that person by calling your GP reception, and during that face-to-face appointment you can discuss the things you are going through and the person will make some suggestions about what could help you. They may suggest one of LIFT's self-management courses, which are based on CBT. Alternatively, you can book directly onto a course by calling us on 01793 835710. As the courses are taught, there is no pressure for people to talk; people can talk as little or as much as they want.

All of the courses are free of charge and so are the individual appointments.

For more information about LIFT, please call 01793 836836