

Diabetes Ireland: Wellbeing Workshops for Type 2 Diabetes **(<https://www.activelink.ie/node/113507>)**

Do you live with type 2 diabetes and understand the basics but still struggle with how living with diabetes makes you feel?

Free 4-Week Group Workshop

Living with Type 2 Diabetes is far more than just managing blood glucose—it's about managing life and all those daily decisions that can affect your glucose levels.

If you've ever felt overwhelmed by these decisions or unsure of how to move forward, this free program is designed to help you. The workshops have been developed by diabetes healthcare professionals, clinical psychologists, and people living with Type 2 Diabetes with the aim of empowering you to improve self-management by caring for your mental well-being.

We have delivered four well-received programs as part of a pilot in 2024, and we now plan to deliver another four programs over the next few months as part of a research study with UCD.

What to Expect

- Explore the challenges of diabetes-related decisions.
- Learn practical strategies for managing stress and prioritizing self-care.
- Connect with others who have similar experiences in a supportive, understanding environment.
- Gain tools to improve mental health and enhance your overall quality of life.

Workshop Details

When: Various dates over the next 2 months

Where: Online via Zoom

Cost: Free

Who Can Join?

This workshop is designed for anyone living with Type 2 Diabetes who wants to:

- Better understand the emotional impact of diabetes.
- Learn ways to take charge of their mental health.
- Connect with others for support and shared experiences.
- Feel less alone living with Type 2 Diabetes.
- Is willing to be part of the research study.

How to Register?

Register Here (<https://www.diabetes.ie/registration-details-for-wellbeing-workshops-type-2-diabetes/>)

More information (<https://www.diabetes.ie/wellbeing/>)

Region

Online / Zoom

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Date Entered/Updated

30th Jan, 2025

Expiry Date

30th Mar, 2025

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