



# 5 Guiding Principles...

For Your Journey with Type One Diabetes

and ONE Golden Rule!

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## For Your Journey with Type One Diabetes

1

### You don't have to do it alone!

Invite a friend, colleague, or family member to walk alongside you on your T1D journey. They may never fully *get* it, but **sharing with them opens the door for meaningful support.**

2

### When making diabetes decisions, be aware of 3 things:

Your **glucose level**. Your glucose **trend arrow**. Your current **"insulin on board."** With a more complete picture, you can make informed decisions about what to do next.

3

### Deliver mealtime insulin before eating.

**Give insulin a chance to start working before food hits your system.** A 15-20 min head-start can help avoid many frustrating highs after eating.

4

### Prioritize exercise &/or physical activity.

**Don't underestimate the power of routine exercise.** In the short-term, it helps boost insulin sensitivity, and in the long-run it delivers lasting health benefits.

5

### Plan for the unexpected.

**Life often throws us curveballs, and diabetes can make a tough situation even tougher.** Be prepared with low treatments, a back-up plan, & extra supplies to minimize added stress.

**& ONE  
Golden  
Rule!**

### Give yourself grace.

**Many factors beyond your control can cause blood sugars to rise or fall. Ups & downs *will* happen. Practice self-compassion, and keep moving forward— *you've got this!***