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Hi there!

Reality Check is feeling inspired by some research that has made us take a whole new fresh look at New Year's Resolutions.

We've all learnt the hard way that trying to make **negative** behavioural changes, like drinking less or eating out less are very difficult to actually stick to.

New research from the University of Washington has shown that people who instead **added** something new and positive to their lives not only kept up the new thing, but were *also* more likely to stop an unhealthy habit like smoking than people who just focused on quitting smoking.

In celebration of this lovely, helpful concept, this issue of Yada Yada brings you a heap of new positive things to consider adding to your life in 2006!

Health Check Your Docs

We've all had traumatic experiences with doctors at some point in time. But a supportive, knowledgeable team of health professionals can be your greatest asset! **Perhaps this is the year to take a look at who you have on your team?**

Reality Check has a directory of endos, educators, and doctors that a heap of young adults with D have told us have been helpful. A good place to start.

[Click here for list of endos...](#)

Big Day Out

Team? What Team?

The "Diabetes Team" - the flock of people who in text books work together to look after our different diabetic needs - is but a myth to many of us. You might get by with just popping to the GP for scripts a few times a year. If it works for you, that's cool.

But you should probably get yourself an endo. And in fact, there's a whole sea of different diabetes-specialised people out there who might be able to help in different ways.

For a refresher on the different people who can help with different things, see our page explaining the different roles of the members of a Diabetes Team.

[Meet a Diabetes Team...](#)

Get Smart! Talk the Talk!

Before your next doc appointment, check out our Glossary of long and complicated D words. Turn up armed with this cheat sheet and talk the talk - watch your doc's jaw drop!

[Glossary of Big D Words...](#)

Get a New Toy!



Not the sort of toy you'd have liked Santa to bring! But a new BG meter can get you in the mood for that bloody testing.

Reality Check has reviewed all the current meters available. Read our very independent reviews before you buy. (And before you buy, try your endo or educator for a freebie!)

[BG meter road tests...](#)

Wanted! People allergic to blood glucose record books!

If you keep a record of every blood test - in a book, or in a computer, that's great, we admire your motivation but you can't help us this time, I'm afraid!

Reality Check is cooking up a brand new little project and needs some people to help us.

Will you try out a *Reality Checked* record book with a BIG difference?!

Please reply to this email with a POSTAL address where we can send a sample of our new gizmo for you to try. Please also write in your email **1.** Your age, **2.** How long ago diagnosed **3.** How long since you wrote down results in a record book **4.** How many books you have gathering dust in your bottom drawer.

HIT REPLY to help please. Thanks.



Smoking

If you are doing the old-school resolution thing, then you're not alone. A lively discussion about how hard it can be to quit smoking is happening on our website.

If you're having a go at quitting, jump in and see if there's any ideas that might help. Or share your golden technique if you've passed to the other side!

[Join the discussion now...](#)

Meet some real live D people - Sydney

Some Sydney-town Reality Checkers are arranging themselves a little **picnic in the sun on Sunday 22nd January**. And you are invited too!

It's an evolving event. With people volunteering sporting equipment from Boules to Frisbees, and Bicycles for Hire. And much discussion over which CDs to put on the boom box! **Bicentennial Park near Belvedere lake** seems to be the place to be.



[Evolving details here...](#)

Girls - get onto it now!

Even if you think it's not for a million years that you'll be having babies, if ever. Or the immaculate conception would need to happen. **Every** gal with the big D needs to know about the pregnancy stuff.

Get the freebie book. Read it now. And you're done. Ten points to you! Download it from the link below. Or email us back an address for a lovely pretty printed copy delivered to your door.

[Get the freebie booklet...](#)

Learn to Laugh

Naked mashed banana hypos. Emotional blackmail.
Flirting techniques. Horrorscopes. **Chocolate.**
Hummingbird hypos. Or a favourite new discovery: the Glucose Goddess!

Sometimes you just gotta Laugh!

Here's a few things to help you see the lighter side of D.

[Laugh with us...](#)



So there you go...

Resolutions be gone! Instead, add a new string to your bow. Do something fresh and exciting. Practise a new trick.

We hope that your 2006 came in with a bang, and is going along great so far. We look forward to being with you as the year ahead twists and turns, and we all try to keep up! Cheers!

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