

Diabetes Distress & Burnout

TIPS



01 DON'T LET DIABETES TO CONTROL OR DEFINE YOU.

You are so much more than diabetes. Define your personal goals. Create a power statement, mantra or personal description of who you are. Use positive affirmations. Try a dry erase marker on your bathroom mirror for affirmations and uplifting quotes.

02 DO YOUR BEST BUT DON'T LET THE NUMBERS GET YOU DOWN.

Blood sugar, A1c, this is all just data. Focus on your behaviors that influence your blood sugar (what you can do about it) rather than the actual numbers itself.

03 TAKE RESPONSIBILITY

No one expects you to do it on your own, but no one can do it but you.

04 APPRECIATE ALL YOU GO THROUGH TO MANAGE DIABETES.

This may be difficult, but consider some of the positives of having diabetes (more resilient, better at math, forces me to look at what I eat, more disciplined).

05 MAKE YOUR BEST EFFORT TO MANAGE YOUR OVERALL HEALTH.

Eat right, exercise, get enough sleep. Not only will these help with your health and managing blood sugar, but it will also help manage stress and improve mental health. Talk about a cheat code... It's a win-win for mind-body.

06 CONNECT WITH OTHERS

It helps to know you are not alone and that others have similar experiences to you. Talk to others whether in person (an acquaintance, friend, family member, at a support group) or online.





07 DON'T BE AFRAID TO ASK FOR HELP & ADVICE

Ask for help from others. Even from your doctor, don't be afraid to ask if something is normal or not. Most healthcare providers don't outright ask about your mental health.

08 CONTINUE TO LEARN

Diabetes self-management education is advised periodically. Even if you've had it in the past, we all need refreshers.

Plus, things change! Advances in research and treatment standards are always being updated.

You change! With time and as you age, you need and diabetes-related needs may change.

"An increased awareness of our diabetes gives us clarity versus blaming the disease itself."

09 REMEMBER TO MANAGE EMOTIONS. IT'S JUST AS IMPORTANT AS MANAGING BLOOD SUGAR.

We know that if your emotions and mental health are struggling, chances are that your physical health, blood sugar, and healthy behaviors are struggling too.

10 REACH OUT FOR PROFESSIONAL SUPPORT

Find a mental health provider who understands diabetes (use a tool like the ADA's mental health provider directory). Your doctor or endocrinologist may also know a good resource. If your struggle is not necessarily related to your diabetes but other issues like relationship challenges, anxiety, stress, grief, (or just life!) connecting with a mental health provider who doesn't specifically deal with diabetes may be just as helpful.

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