

Diabetes Distress



Formerly known as Diabetes Burnout!

"You expect me to do WHAT NOW?"



Why Might This Happen?

Diabetes is a condition that is;

- Not going away
- Needs attention every day
- Can be unpredictable
- More medical appointments
- Family and friends know and continually ask “How are you doing?”
- You feel judged all the time by yourself, your friends, your family and the medical staff!



In addition.....

As soon as you figure diabetes out;

- the condition changes
- your insurance changes so what you have used in the past needs to change
- your schedule changes
- you get sick

ALSO

And...

If you stop doing what is needed to manage this condition,

you may get sick, develop complications and need to start all over again.



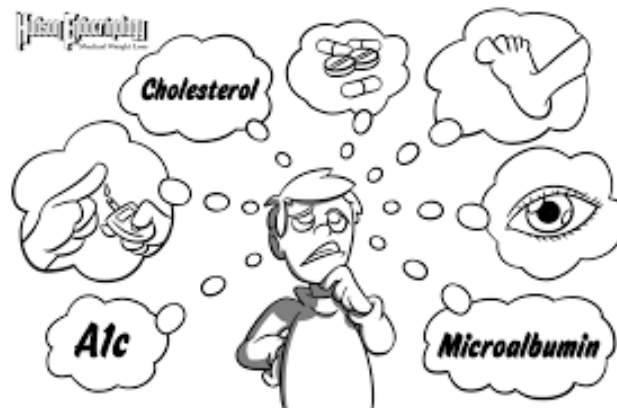
Questions

- Does this happen to everyone?
- How will I feel? Are there symptoms?
- How do I know this is happening?



You might feel any one or combination of the following.

- **Tense** a lot of the time.
- **Tired** beyond what you are used to.
- **Frustrated**, with costs, numbers and changes.
- **Lonely**, does anyone really understand?
- **Overwhelmed** with so much to think about!





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A Question for You

- Do you or have you identified with any of these feelings?
- Are you feeling this way right now?



If you think it could be Diabetes Distress

Now is the time to take action!



First, remember

You are
not alone
in this

Second



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Third, Ideas to Try

1. Talk to your Diabetes Care and Education Specialist for help identifying why this is happening.
2. Talk to your Health Care Provider.
3. Find a diabetes support group in your area.
Check the Resource Section for area groups.
4. Who's on your team? Consider someone from mental health who understands chronic conditions.



You might also try...

1. Talking to family and friends – let them know what they could do to help you and what is not helping you.
2. Make a list. Do one thing at a time.
3. Pace yourself.
4. Take time to do things you enjoy!



"You expect me to do WHAT NOW?"



A Reminder from Pete

This information will get you started. Talk to your Diabetes Care and Education Specialist and/or Health Care Provider who will answer your questions and will help individualize a plan specific for you.

