

NOW WHAT if I feel overwhelmed about my diabetes management?

Have you ever felt like you are losing enthusiasm for or frustrated with your diabetes management? These feelings may mean you are experiencing burnout. It is not uncommon to develop thoughts and feelings such as stress or being tired of managing diabetes, even having the urge to stop your healthy routines.

FACTS FIRST: Taking steps to overcome burnout symptoms will help to preserve good health and quality of life. Some of the symptoms of diabetes burnout are:

Feeling negative about your diabetes (frustration, resentment, hopelessness)	Thinking diabetes controls your life
Isolating or disconnecting from friends and family	Lacking the motivation to follow treatment plans, such as skipping doctor's appointments

ACT ON THE FACTS:

TALK ABOUT HOW YOU FEEL.	WHAT TO DO? If you're experiencing any of these symptoms, share your feelings with your doctor, a close friend, or a loved one. It's important to talk openly about feelings and experiences.
CELEBRATE SMALL WINS.	WHAT TO DO? Managing diabetes takes practice, patience, and perseverance. Recognize what in particular is making it harder to focus on your health. If you forget to do something, take small steps to get back on track to avoid overwhelming yourself. Celebrate small wins that can help build your confidence to achieve even bigger goals. Try apps for cooking, exercising, meditation and more. Click HERE!
SEEK PROFESSIONAL SUPPORT.	WHAT TO DO? Talk with your doctor or healthcare professional about ways to cope. Many people who are trying to manage their diabetes experience burnout, and seeking support to reinvigorate your routine reflects your strength and determination. A helpful tool for locating a professional who can provide emotional support is www.okaytosay.org.



What part of managing your diabetes is stressing you out?



What steps will you take today to minimize your stress?

YOU'RE NOT ALONE!



PASO del NORTE CENTER
Meadows Mental Health Policy Institute

For more information on how to manage your diabetes, visit:

EPDIABETES.ORG/NOW-WHAT/