

# Diabetes burnout



## What is diabetes burnout?

Having diabetes is a lot of work. Over time, dealing with a disease that requires you to pay attention to the food you eat, your activity level, medications, monitoring, and screenings... it can start to build up. Sometimes, when people start to feel overwhelmed or frustrated by their diabetes, they may start to ignore their diabetes. This is called “diabetes burnout”.



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## Who gets diabetes burnout?

It is important to know that diabetes burnout is not uncommon. Many people with diabetes experience burnout at some point. The burnout may last a short period of time, or for some it may not end. As you probably already know, not paying attention to your diabetes for any amount of time can lead to complications. This is why it is important to address this problem.

### What can I do if I'm feeling burnt out?

1. **Talk about how you are feeling!** Explaining to family members and friends about how you are feeling can feel like a relief.

*Taking care of my diabetes is making me feel:*

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2. **Tell family and friends specific ways they can support you getting started again with diabetes management.**

*One way you could support me to take care of myself and my diabetes is by:*

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**Or,**

*It would help me take care of myself and my diabetes if you would please not*

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3. **Don't beat yourself up!** Your blood sugar won't always be perfect. You will have ups and downs; everyone with diabetes has this same challenge. Instead, celebrate every success! Did you take your medication today? Excellent! Taking your medication is part of diabetes management. If you are having a hard time getting on track, try to focus on everything you ARE doing right.
4. **If you are feeling discouraged, get a new plan!** It is important to know that if your blood sugar is regularly high, you need a new plan! Feeling out of control IS discouraging! Your old plan may not be working for you anymore, and this doesn't mean you did something wrong. Diabetes is a disease that changes over time. The plan that worked for you five years ago is unlikely to work for you now. Ask your provider and educator to help you with a new plan that works for YOU!
5. **Find your barriers!** Think about what is really bothering you about managing your diabetes. Write them down. If you can make a plan for the barrier, do it. If there isn't a good answer, talk about the barrier with someone you trust, so you can get it off your chest.

### Examples of barriers:

**Barrier:** *It's hard to motivate myself to go outside and be active in the winter.*

**Plan:** *My plan for this barrier is to ask my friend Annie to meet me to walk. If I have someone I can walk and laugh with, it will feel fun, instead of like something I'm doing because I have diabetes.*



**Or,**

**Barrier:** *I feel embarrassed at potlucks when I put food on my plate. I feel like everyone is watching whatever I eat, and judging me. This makes me feel like taking extra food just to show them I don't care what they think.*

**Plan:** *My plan for this barrier is to talk about how this makes me feel with my family and friends. I can ask them to support me by not commenting on the food I choose at potlucks or staring at my plate.*

### Your Turn:

*One of my barriers to managing my diabetes is:*

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*My plan for addressing this barrier is:*

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### Find a cheerleader!

When we are really down, sometimes we need someone to remind us how awesome we really are. Maybe your cheerleader is your spouse, a friend or your diabetes educator. Your cheerleader is someone who motivates you, not lectures you or judges you!

## More Information

For more information or if you have questions, contact:

**Diabetes Educator:** \_\_\_\_\_

**Phone:** \_\_\_\_\_



**Diabetes Program**

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