

## Why Me?

There are a number of reasons why a person may experience diabetes burnout.

**Unrelenting** management making many crucial decisions about your care every day can take a heavy psychological toll.

**Unrealistic** treatment goals may instill a sense of failure or inadequacy.

**Challenges** like higher medical expenses, accessing the right treatment or medication, or problems with insurance.

**Excessive** worry or anxiety about getting complications.

**Constant** fear of high or low blood sugar.

**Prolonged** diabetes distress can elicit strong negative feelings toward diabetes.

## Get Support

**Find** your community in the diabetes world, AND

**Connect** with friends outside the diabetes world

**Join** a support group for people experiencing distress, burnout or other mental health issues –

- DBH Facebook support groups
- TuDiabetes
- Breakthrough T1D

**Talk** to a therapist.

**Talk** to your healthcare team about changing your routine, medication or tech.

**Be kind** to yourself –

- Shoot for progress, not perfection.
- Use nonjudgemental language when talking about your diabetes.



## Resources

### Website

- Diabetes Distress Assessment & Resource Center

### Articles

- Dealing with Diabetes Burnout [www.healthline.com](http://www.healthline.com)
- Diabetes Burnout: What to do if you fall off the bandwagon [www.diabetesdaily.com](http://www.diabetesdaily.com)
- Year with Diabetes Burnout [www.insulinnation.com](http://www.insulinnation.com)
- 7 Real Life Tips for Getting Out of Diabetes Burnout [www.beyondtype1.org](http://www.beyondtype1.org)

### Videos

- Tips to Help Beat Burnout [www.youtube.com](http://www.youtube.com)
- Evidence Based Hope [www.youtube.com](http://www.youtube.com)

### Book

- Diabetes Burnout by William Polansky, PhD
- Diabetes sucks and You Can Handle It by Mark Heyman, PhD

### Blogs

- Diabetogenic.wordpress.com
- TheDiabetesLink.org/peer-perspectives

There are 42 factors that affect your blood sugar, most of which you can't control.

Diabetes management requires an estimated 180 extra decisions per day.

It's perfectly normal to feel distressed or burnt out at times.

## Common Signs of Diabetes Burnout

- Unable to cope with diabetes management.
- Feeling powerless.
- Feeling unmotivated.
- Feeling alone or isolated.
- Avoiding healthcare appointments.
- Changes in eating habits.
- Missing or skipping medication.
- Not monitoring blood sugar closely.
- Not engaging in movement activities.
- Ignoring or disengaging from diabetes.

## Contact Us

Call our **24-hour hotline** at

**+1 (425)985 -3635**

Visit us online at **www.DBH.org**



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For questions or more information on our resources and services, or how you can get involved, please email us at  
**info@DBH.org**



The material in this pamphlet is for informational purposes only and is not intended to constitute medical advice. Always consult a physician or other qualified health provider for diagnosis and treatment of any health-related matter.

# DIABETES BURNOUT

When you feel overwhelmed, exhausted or disillusioned with the relentlessness of diabetes to the point of hitting a wall or wanting to give up.



**DBH** was founded in 2010 as an international nonprofit dedicated to the education, support, and advocacy for people with diabetes and mental health.