



## Create “me time”

Can you avoid all stressors in life? Not really. But you can **learn to reduce diabetes-related stress**—and that can help you stay steady. **Taking some time to do enjoyable, healthy things**—reading, gardening, volunteering and exercise —can certainly help.

Consider:

- Finding a kindred spirits or others who are also coping with diabetes (a support group, chat room or an online message board)
- Share your diabetes frustrations using social media
- Visit a diabetes message board site. It can be helpful to read other people’s blogs, seeing how others have similar feelings and how they work through them.



It’s common to feel burdened by the demands of diabetes care. Take the time to think about what motivates you to take care of yourself. **What is it that is important to you**; a loved one, children, grandchildren, not having complications, your faith? Whatever it is, write it down or **make a list and post it** where you will see it and can be reminded daily. Remember to see your doctor regularly and check in with your diabetes educator for any questions you may have.

### Find some support

**Don’t keep your diabetes or your self-care a secret!**

Family, friends, coworkers, diabetes educator and doctor are all great choices to have or ask for support. They can help you make a plan and stay motivated to do your best to manage your diabetes. Let them know how they can best support you; meals, medications, routines, appointments, physical activity or testing. Also, consider letting them know what doesn’t help.

### Talk about it...Let others know...

#### Reach out for support

If you can tell when you’re in burnout mode, **it helps to talk** to your family, friends, co-workers or diabetes care team. If you can’t tell, it often helps to ask them if they see changes in your behavior that you don’t notice. Being able to identify that you are getting “burned out” and **asking for help**, encouragement or just an ear to listen, can make a difference.

### Work with your team

Your diabetes care team is there to look beyond your blood glucose numbers and consider how you are feeling and coping, and help you find ways to get back on track. **Just asking for help can make you feel better.** It’s important to note that **burnout can also lead to depression**, which also makes it difficult to take care of diabetes. Your health care provider can screen you for depression and can suggest treatment, if needed.