

DIABETES BURNOUT

What is "diabetes burnout"?

Type 1 diabetes (T1D) is a diagnosis affecting both the individual and family members. The diagnosis completely changes a person's life, so it is understandable that one may become overwhelmed at times. However, when the stress and frustration of managing diabetes feels unbearable, a state of burnout is likely. Burnout is defined as an emotional and physical state characterized by loss of motivation and exhaustion.

Signs & Symptoms

- Feeling angry and frustrated about the demands of managing diabetes
- Avoiding appointments
- Avoiding checking blood sugar
- Making unhealthy food choices
- Feeling alone and isolated
- Feeling powerless
- Detaching from social support and healthcare systems
- Missing or skipping medication (insulin)
- Avoiding exercise
- Trying to ignore or forget about diabetes

Research shows that roughly 1/3 of parents of children with T1D report severe emotional distress when their child was diagnosed, and 20% report high levels of emotional distress 1-4 years after diagnosis

What can you do?

Here are some ideas to help with management and coping with diabetes burnout:

- Focus on getting enough sleep
- Medication (if recommended by a healthcare professional)
- Breathing and meditation exercises
- Seek out social support and connection with others
- Consider attending therapy
- Keep a diary or a journal
- Physical activity
- Utilize to do lists



