



Taking Care of Your Mental Health

Managing diabetes can feel like a lot to handle

Tracking blood glucose, taking your medicines, planning meals—staying on top of diabetes can leave you feeling run down, overwhelmed, or even discouraged. Here’s what that might look like in your daily life, and a few things you can do about it.



Let’s talk about stress

Diabetes can add to the stress you may already feel in your everyday life. And the catch is that stress can also get in the way of managing diabetes effectively. In fact, stress hormones can even cause blood glucose to rise.



If you’re feeling stressed, here are a few things you can try.

Deep breathing for 5 to 20 minutes a day

Relaxing through motion, such as gardening, walking, yoga, or tai chi

Learning all you can about diabetes. Knowledge is power!



How do you know if you’re depressed?

You may think of “depression” as feeling sad, nervous, or guilty. And that’s part of it. But **it may show up in different ways**, too.



If any of these sound familiar, talk to your care team.

Losing interest in doing things you usually enjoy

Having trouble sleeping or sleeping more than usual

Feeling **low-energy** or **having trouble paying attention** on a regular basis

Reach out for support if you’re feeling stressed or upset

You don’t have to “power through” alone—there’s nothing wrong with seeking out support.



Talk to family and friends about how you feel and what you need so they can better support you



Consider joining a support group to connect with others who understand the diabetes journey



If you have a Diabetes Health Coach, be sure to take advantage of this valuable support resource



Looking for more about managing diabetes?

Visit [NovoCare.com](https://www.novocare.com) to find helpful info about staying on track.