

DIABETES BURNOUT

>> Diabetes is a **self-managed condition** <<

Uniquely, people living with self-managed condition's are making life or death decisions about their care many times a day all on their own, without the direct supervision of a doctor.

The weight of these decisions can take a heavy emotional and psychological toll on people.

So, it's perfectly normal to feel burnt out or overwhelmed by your disease. ALL people with diabetes feel like that sometimes.

You are not defined by a number- not on a scale, a blood glucose reading, nor an A1C.

Remember, there are 42 factors that affect your blood glucose. These range from the obvious, such as food and exercise; and also influences such as hormones, medication interactions, scar tissue & how much sleep you get. [Brown, Adam. Bright Spots & Land Mines.]

Nobody & nothing is perfect 100% of the time. That goes for your diabetes as well. **Shoot for progress, not perfection!**



DIABETES BURNOUT RESOURCES

Books

DIABETES BURNOUT: What To Do When You Can't Take It Anymore -
Dr. William Polonsky

DEALING WITH DIABETES BURNOUT: Recharge and Get Back on Track
When You Feel Frustrated And Overwhelmed Living With Diabetes - Ginger Vieira



On The Web

BEYOND TYPE 1: [HTTPS://BEYONDTYPE1.ORG/MENTAL-HEALTH/](https://beyondtype1.org/mental-health/)

HEALTHLINE: [WWW.HEALTHLINE.COM/DIABETESMINE/MENTAL-HEALTH-AND-DIABETES-RESOURCES](http://www.healthline.com/diabetesmine/mental-health-and-diabetes-resources)

DIABETES DAILY: [WWW.DIABETESDAILY.COM/BLOG/ DIABETES-BURNOUT-WHAT-TO-DO-IF-YOU-FALL-OFF-THE-BANDWAGON-566830](http://www.diabetesdaily.com/blog/diabetes-burnout-what-to-do-if-you-fall-off-the-bandwagon-566830)

DIABULIMIA HELPLINE: [WWW.DIABULIMIAHELPLINE.ORG/BURNOUT](http://www.diabulimiahelpline.org/burnout)

CENTER FOR DIABETES & MENTAL HEALTH: [WWW.CDMH.ORG](http://www.cdmh.org)

A SWEET LIFE: [HTTPS://SWEETLIFE.ORG/5-THINGS-THAT-HELPED-ME-CURE-DIABETES-BURNOUT](https://sweetlife.org/5-things-that-helped-me-cure-diabetes-burnout)

INSULIN NATION: [HTTPS://INSULINNATION.COM/LIVING/YEAR-WITH-DIABETES-BURNOUT](https://insulinnation.com/living/year-with-diabetes-burnout)



Blogs

DIABETOGENIC: [WWW.DIABETIOGENIC.WORDPRESS.COM](http://www.diabetiogenic.wordpress.com)

SIX UNTIL ME: [HTTPS://SIXUNTILME.COM/WP/?S=BURNOUT](https://sixuntilme.com/wp/?s=burnout)

CDN: [HTTPS://COLLEGEDIABETESNETWORK.ORG/BLOG](https://collegediabetesnetwork.org/blog)

THERE'S MORE TO THE STORY: [HTTPS://BLOGMORETOTHESTORY.COM](https://blogmoretothestory.com)



Videos

DIABETES BURNOUT w/ KERRI SPARLING: <https://youtu.be/u1OmS77PtIk>

TIPS TO HELP BEAT BURNOUT w/ GINGER VIEIRA: <https://youtu.be/YUpibnNSyrc>

EVIDENCE BASED HOPE: <https://youtu.be/kL91yHyAouo>

Finding Help

DIABETES DISTRESS SCALE: [HTTPS://DIABETESDISTRESS.ORG](https://diabetesdistress.org)

ADA MENTAL HEALTH PROVIDERS: [HTTPS://PROFESSIONAL.DIABETES.ORG/MHP_LISTING](https://professional.diabetes.org/mhp_listing)

JDRF: GET SUPPORT: [WWW.JDRF.ORG/T1D-RESOURCES/PERSONAL-SUPPORT/](http://www.jdrf.org/t1d-resources/personal-support/)

TuDIABETES: [HTTPS://FORUM.TUDIABETES.ORG/T/WHAT-IS-DIABETES-DISTRESS/75183](https://forum.tudiabetes.org/t/what-is-diabetes-distress/75183)

