



Don't Let Diabetes Get You Down!

Do you feel sorry for yourself because you have diabetes? Do you think your life will never be the same? These feelings are normal. Sometimes these feelings take time to go away. If they do not go away, you will need to get some help. You don't have to let diabetes get you down!

Keep A Handle on Stress

When you have diabetes, you want to keep your stress down as much as you can. Feeling stressed makes your blood sugar level go up. Too much stress can also lead to depression. You may be depressed if you feel:

- Guilty about not being able to control your diet and blood sugar.
- It is too hard to handle the changes you have to make. This may include going to provider visits, checking your blood sugar, and watching what you eat all the time.
- Hopeless, tired, moody, or tense all the time.

If you have any of the above feelings, you are not alone. Depression is very common in people who have diabetes. You can do something about it!

What can you do if you feel depressed?

- Talk with your primary care provider (PCP) about how you feel.
- Have a positive attitude about yourself and your life.
- Find ways to relax. Exercise is a great way to relax and feel good.
- Watch what you eat, follow your healthy diet, drink plenty of water, and make sure you get enough sleep.
- Join a diabetes support group.
- Take classes and learn all you can about diabetes.

If you are feeling sad or depressed, please call your PCP. If you have questions about diabetes, please call your Diabetes Disease Manager at 1-877-903-0082, press 0, then press 78259.

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