

Diabetes and Stress

Stress is how your brain deals with all the things that you have to think about and do. Because stressful times can happen again and again, you need to learn ways to cope with them.

Stress can be

- ...positive or negative
- ...real, or real to you
- ...happening over and over, short-term, or long-term
- ...mild, and bad, or very bad
- ...in the world around you or in your body



The things that you have to take care of and do may cause you stress. How you handle these things may change how you act and feel. You may feel like the stress pulls you in many different directions at once. Other times, you may not feel this way. The way you feel about stress is different from the way someone else feels about stress.

What kinds of things do you have to take care of or do that cause you stress?

Many people who have diabetes have these feelings of depression:

- Feelings of sadness or being grouchy
- Loss of interest or pleasure in things you usually like to do
- Changes in weight or how hungry you are
- Changes in how well you sleep
- Feeling guilty or worthless
- Not able to remember things, make choices or focus
- Feeling tired
- Restless or not able to relax
- Thoughts that you would be better off dead or of hurting yourself in some way

Healthy Coping – When should I get help?

- When you want to talk to someone
- The feelings are more than you can bear
- When you want new ideas
- When you think you've tried everything and nothing is working and you need some new ideas
- When your family or friends think that you need help
- When your thoughts or behaviors begin to cause problems in your life
- If you are still not sure, ask your provider.

What is my plan to lower stress?
