

*Talk to a health care provider about your individual diabetes management plan and how these tips fit with your lifestyle.*

### How does stress affect diabetes?

Managing diabetes each day can feel like a lot to handle. It's important to find healthy ways to deal with the stress of managing a long-term health condition. This is especially true with diabetes since stress can increase your blood sugar levels.

Plus, feeling discouraged or frustrated can make you more likely to slip into unhealthy habits—like not checking your blood sugar or skipping doctor appointments.



**But there are healthy ways to handle stress. Here are a few ideas:**

- **Ask for support.** Let friends and family in on what you're struggling with and ways they can help, like taking a walk, preparing a healthy meal together, or just listening.
- **Connect with other people who share your experience.** Ask your health care team about support groups you can join.
- **Move more.** A walk or bike ride may be just the thing to help you start feeling better. Why? When you're active, your brain releases chemicals that improve your mood.
- **Focus on the good stuff.** Celebrate your successes in managing diabetes, even the small ones. Remembering the good stuff will help you get through the tough times.
- **Do the best you can.** Look at what's worked and what hasn't, and then move forward.

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### Ready to learn more?

Watch **Managing Stress and the whole video series**—and kickstart managing your diabetes now!

[cdc.gov/DiabetesKickstart](https://cdc.gov/DiabetesKickstart)



**Sometimes stress can be a sign of something more serious.** Let your health care team know if you're feeling sad or overwhelmed, especially if you:

- **Aren't interested in the things you usually enjoy.**
- **Sleep more than usual or have trouble sleeping.**
- **Don't see the value in taking care of yourself.**
- **Feel like diabetes is defeating you.**

With diabetes, there are bound to be highs and lows with your blood sugar and otherwise.

**Remember, help is out there from your family, friends, and health care team.**

### **Provider guidance**

### **Patient notes and questions**

## **Your next step?**

**Ask your health care team to refer you to diabetes self-management education and support services!** You'll learn how to build confidence and emotional strength to help you recognize and deal with stress. You'll also gain in-depth knowledge, skills, and tools to manage diabetes for a long and healthy life!