

# WAYS TO MANAGE STIGMATISATION

- **Be kind to yourself.** Never blame yourself. You may mistakenly believe you are responsible for your condition, but internalised stigma can be just as harmful to your health as stigma from others. Educate yourself on the many causes of diabetes and connect with people who share your experiences to help you overcome self-blame.
- **Speak up** if you see stigmatising behaviour or statements being made, and try to open up a conversation with others by sharing accurate information about diabetes. Being an ally to individuals with diabetes is key.

