

Stress & Diabetes

Signs that stress may be out of control & further action is needed:

- Worries and anxious thoughts
- Irritability, frustration, anger
- Low mood or depression
- Changes in appetite (eating too much or not enough)
- Significant weight loss or gain
- Teeth grinding
- Loss of memory, concentration and difficulties completing tasks
- Sleeping too much or too little
- Stomach discomfort (e.g., nausea, constipation, diarrhoea)
- Headaches
- Trembling
- Profuse sweating



If you are experiencing any of these symptoms, talk with your doctor, nurse or healthcare professional.