



- Diabetes can affect your emotions as well as your physical health.
- Difficulties coping with emotions can increase the risk of diabetes-related complications.
- Getting support can help you manage stress, low mood, uncertainty or even feelings of burnout.
- This can happen whether you're newly diagnosed or have been living with diabetes for a while.
- Here are some ways to detect and better understand how you feel.
- You can also consider these steps to gain greater control over your diabetes management.