

## 6. Know when to step back

- Remember that the person with diabetes is responsible for managing it, not you. Living with diabetes can be difficult. By having the positive support of family and friends, they are better able to make the best possible choices about their diabetes.
- Sometimes less can be more. Know when to give your loved ones the space to reflect on their own, and make mistakes. Be sensitive if they are experiencing any diabetes distress or burnout from managing it. Learn what the signs are, and gently encourage them to seek help instead of blaming or scolding them for poor management.

