

# Stress & Diabetes

- When stressed, your adrenal glands release 'stress hormones' (i.e., adrenaline & cortisol) into your bloodstream, resulting in increased blood sugar.
- When blood sugar remains high, it makes diabetes control difficult.
- Stress can also contribute to high blood pressure, increase the risk of heart attack and stroke, and suppress the immune system.
- Stress can cause mood changes and result in worries that affect sleep.
- When not managed well, the impact of this stress can affect your personal, work and social functioning.



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