

# Diabetes distress

- Diabetes distress is the emotional distress from living with diabetes and the difficulties faced with daily self-management.
- Strong negative emotions from living with diabetes can happen with checking blood sugar, taking medication, keeping up with physical activity and eating healthy.
- These feelings may be unique to you. Diabetes distress can be managed.

## What can contribute to Diabetes Distress:

- Newly diagnosed diabetes
- Not reaching target goals for managing diabetes
- Loss of meaning of life, direction and focus in life
- Start and persistence of long-term complications
- Diabetes self-care expenses
- Unclear goals or direction for diabetes care
- Feeling disconnected, unheard or misunderstood by diabetes care providers
- Lack of psychosocial-emotional support
- Feeling burn out from the burden of living with diabetes