

# DIABETES EDUCATION PROGRAM

# STRESS & DEPRESSION

# ASSOCIATED WITH DIABETES



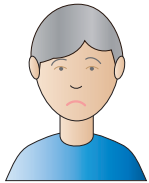
TEXAS A&M UNIVERSITY  
Healthy South Texas

## DEPRESSION

People with diabetes have a greater chance of developing depression than people who do not have diabetes (ADA). Depression can make you feel hopeless or like you're losing control of your diabetes. You may feel like you have no energy to regularly test your blood sugar. Or, you may feel anxious and unable to maintain your healthy eating habits.

### Depression Symptoms

A person with depression may experience a number of symptoms, including:



**Lack of interest in the things that used to make you happy (e.g. playing with kids/grandkids)**



**Lack of energy**



**Difficulty sleeping or sleeping more than usual**



**Trouble concentrating**



**Changes in appetite or not wanting to follow a meal plan**

**If symptoms continue for two weeks or more, get help. Talk to your doctor first and share with your diabetes care team.** There are a variety of ways to get help with depression, including counseling services.

## STRESS

Dealing with diabetes daily can increase your stress level. You may feel discouraged or isolated from loved ones because of the extra effort you have to put into managing your diabetes.

### Stress and Blood Sugar

Stress increases your blood sugars, and over time, can be dangerous to your health. Stress can get in the way of your diabetes management by:

- Making you want to over eat
- Causing poor judgment
- Leading to poor decisions
- Leading to diabetes burnout
- Causing negative feelings

### Lower Your Stress

There are several things you can do to help lower your stress:

- Try to relax (take some deep breaths)
- Try stretching, circling and shaking parts of your body
- Pray
- Read a good book
- Meditate
- Replace negative thoughts with positive ones
- Join a support group
- Get help from your diabetes care team

Call Toll Free: 1.866.524.1408