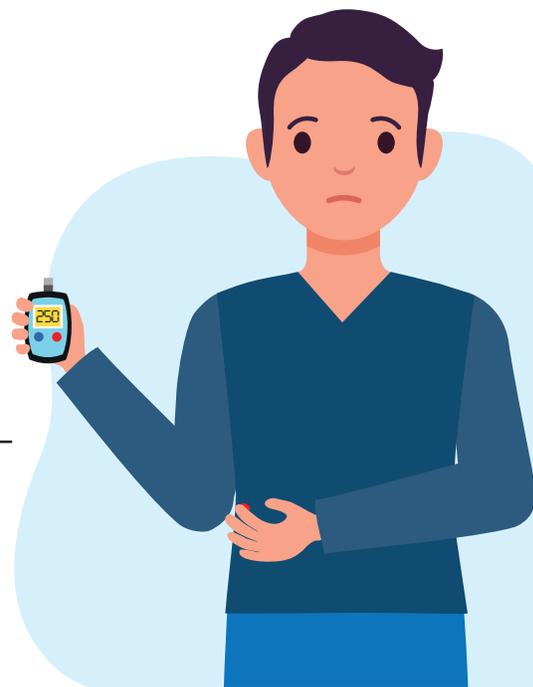


# Diabetes and Emotional Health

You may feel stress from the daily management of diabetes. Diabetes is a lifelong health condition that requires changes to your regular schedule and usual habits. This can lead to negative feelings about your diabetes, also known as diabetes distress. These feelings may get in the way of your diabetes management—for example, you may eat more or less food than usual or have less motivation to exercise or take your medicine — in turn, affecting your health and causing even more distress. The good news is there are things you can do to start feeling better.



## What You Can Do

Improving your emotional health can help improve your diabetes management, and the other way around. Talk with your health care provider about how you are feeling and what resources might work for you, such as counseling, support groups, medications or new coping skills. Know that it may take time for symptoms to improve.

These actions may also help:

-  Find ways to relax and spend time with people you enjoy.
-  Be physically active: Move more and sit less.
-  Ask for help when you need it.
-  Do one thing at a time, and celebrate your achievements.
-  Try relaxation techniques such as deep breathing or meditation.
-  Avoid or limit alcohol and drug use.
-  Learn about your feelings:
  - **Know** – Acknowledge what you are feeling.
  - **Name** – Describe it.
  - **Express** – Release the emotions in a healthy way.
  - **Accept** – Understand that you cannot change everything, only your role in it.
-  Contact NYC Well, a free and confidential help line with trained counselors who can connect you to mental health and substance use services, 24/7 and in more than 200 languages. Call 888-NYC-WELL (888-692-9355), text “WELL” to 65173 or visit [nyc.gov/nycwell](https://nyc.gov/nycwell).

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## Diabetes and Depression

Managing diabetes can lead to many different emotions. People with diabetes are twice as likely to have symptoms of depression, such as long-lasting feelings of sadness, tiredness and a lack of interest in enjoyable activities. Depression is a serious medical condition; it is not a choice or a sign of weakness. No one should feel ashamed about having symptoms.

### Common Signs of Depression

You may have depression if over the last two weeks you consistently:

- Felt sad or hopeless
- Lost interest in activities you used to enjoy
- Had trouble concentrating or making decisions
- Slept or ate too much or not enough
- Had physical problems such as headaches, stomachaches or other pains that would not go away
- Had thoughts about death or suicide

Talk to your provider if you are experiencing the signs above.

If you or someone you know has been thinking about suicide, there is help:  
Contact NYC Well to talk to a trained mental health counselor — it is free and confidential.

If you or someone you know is at immediate risk or in immediate danger, call **911**.

## Symptoms of Depression Are Treatable

There are many ways to treat depression. Some people find relief by talking about their feelings with a mental health professional, engaging in support groups or taking medications, among other things. Talk to your provider about how you are feeling and options for treatment. If you are already getting treatment for depression, continue to talk with people you trust and tell your provider if you are struggling. Feeling better may take time.

