

Diabetes and your mental health

How to manage diabetes under
difficult circumstances.



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Looking after your mental health

Having a lifelong diagnosis such as diabetes and having to change your lifestyle and diet and take medication can be distressing. Your mental health can be affected and you are at increased risk of developing depression and/or anxiety.

The day-to-day management of diabetes can be overwhelming. That is why it is important to stay in touch with your emotions and look after your mental health. Feeling stressed and anxious, sad or angry is common when you live with type 2 diabetes.

Stress can raise your blood glucose levels, but you can learn ways to lower your stress. Left untreated, long-term stress can have a negative impact on your health and may lead to depression.

Depression is common among people with a chronic, long-term illness such as type 2 diabetes. Depression can affect your diabetes. Learn to recognise the signs and, if you are at risk, ask your doctor for help.

Ways to reduce stress

Feeling stressed affects how you deal with diabetes and can also affect your blood glucose levels.

Exercising regularly and taking time for yourself and to practise the physical activities you enjoy



Getting enough sleep



Speaking to a trusted person about your feelings



Taking some time to do things you enjoy, such as listening to music, praying or reading a book and making time to relax



Signs of depression

Diabetes can affect your mood and lead to depression. Learn to recognise the common signs of depression and, if you are at risk, ask your doctor for help.

Feeling sad,
tearful or irritable



Feeling tired easily



Thinking that life is no
longer worth living



Losing or gaining
appetite or weight,
and sleeping
too much or
too little



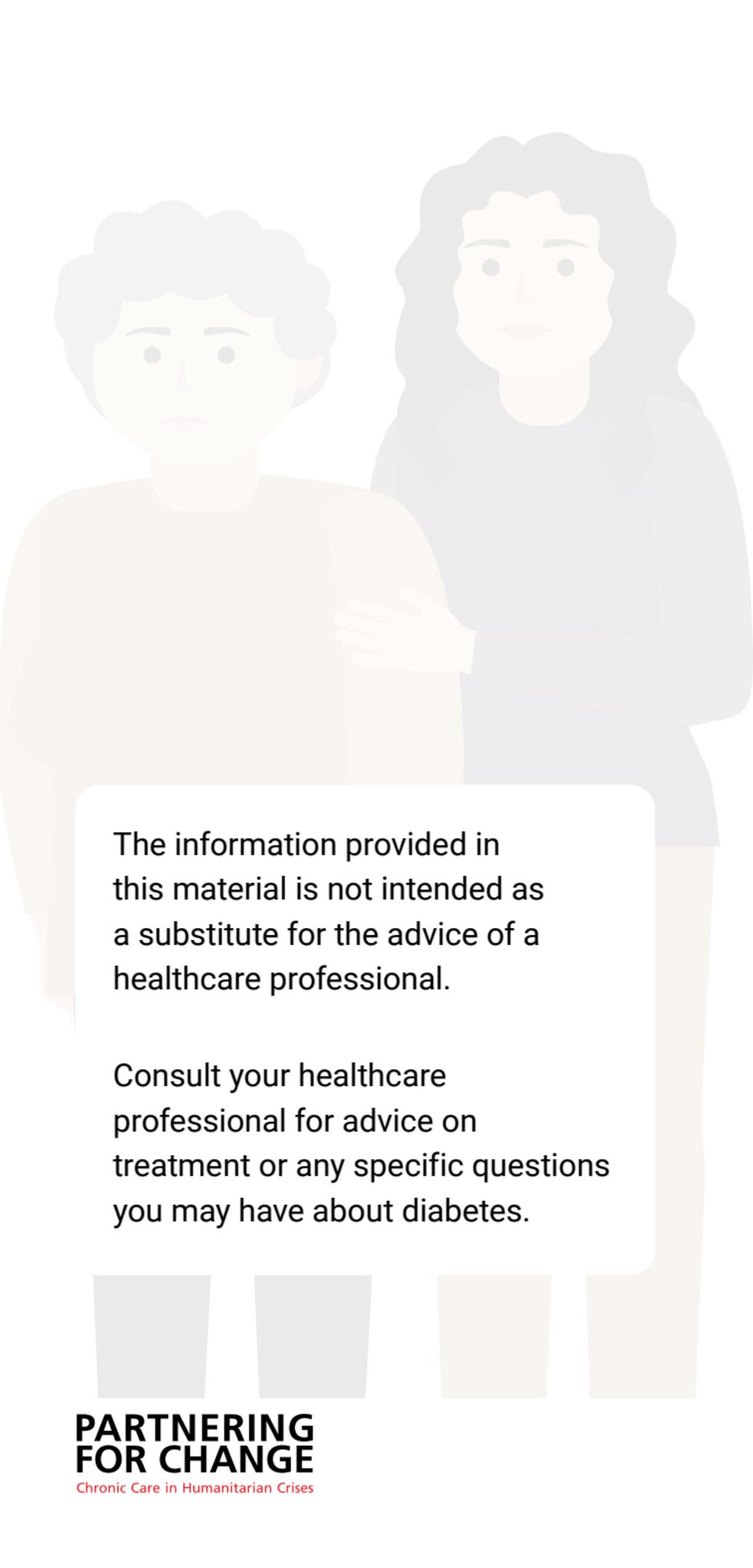
Diabetes and your social life

You may also struggle with adapting to the changes brought about by having diabetes, especially since it can affect your social life. You may not be able to have the same variety of food and drink that you had before you were diagnosed. Be aware of this and talk to friends and family so that they can support you in making the necessary adjustments.



If you are experiencing signs of depression, contact a member of your healthcare team as soon as possible.





The information provided in this material is not intended as a substitute for the advice of a healthcare professional.

Consult your healthcare professional for advice on treatment or any specific questions you may have about diabetes.

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