

## EMOTIONAL WELLBEING: DEALING WITH “BURNOUT”

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College can be mentally and emotionally demanding on its own. Add diabetes and it can be downright overwhelming.

But keep in mind—not only is it normal to feel burnt out by your diabetes sometimes, it should be expected. Here are some ways to try to avoid burnout, as well as how to deal with it when it comes up.



## What is Burnout?

Burnout is a little bit different for everyone, but basically, it's when you're sick of your diabetes. We know, that sounds like every day, right? But there is a difference between your everyday annoyances with diabetes and burnout. Our students have described it in a few different ways. They were overwhelmed, frustrated, and exhausted. For some students, they stopped taking their meter with them to class—or just stopped checking altogether. They didn't rotate their pump sites. The list goes on.

## How to Deal

**Connect with others.** This is where joining a CDN Chapter might come in handy. *There are tons of blogs on the subject, too. Check out the blogs on our website to read stories from other students who have been there.*

▶ **Stay motivated, not 'perfect'.** Many people with diabetes feel like they should always have blood sugar readings in their target range, and become frustrated when, despite their best efforts, they don't reach their goals. This doesn't have to be a source of stress if you accept the fact that “good” diabetes care doesn't mean being perfect. If you forgive yourself for the occasional blood sugar fluctuation, you'll be relieved of the stress associated with trying to achieve perfection. You'll likely reap more rewards from this approach in the long-term.

▶ **Find ways to relieve stress.** Exercise, writing, reading, drawing, painting—take some time to do something that you love. It will help.

▶ **Know when to seek professional help.** If you're experiencing extreme mood swings, depression, or helplessness, it's important to talk to a professional. People with diabetes are most at risk for conditions like anxiety and depression. Some students need support dealing with their anger surrounding diabetes, others with feelings of shame over 'out of range' blood sugar readings. Your parents, doctor, or a counselor/therapist who is familiar with diabetes can help you create strategies to relieve some of the burden. Most universities have free counseling services available to their students. Contact your school's health services to find out what type of counseling they offer. You can also check out the ADA's Mental Health Provider Directory Listing at [https://professional.diabetes.org/mhp\\_listing](https://professional.diabetes.org/mhp_listing).