

Finishing Your Semester at Home

This is a confusing and stressful time. And having to quickly pack up and move back home with little notice makes it more stressful! There may be more arguments between you and your parents about your diabetes management. Since being away at college, you may feel like a totally different person. However, your parents will probably still think of you (*and your diabetes*) the same way they did when you left.

You probably have made some changes to your diabetes management or care routine. While these changes have become normal to you, this may not be the case for your parents, and they may have questions and concerns about your management and care.

While it can be irritating to feel like you're back to being "a kid" again, be open to explaining to your parents the choices that you have made and how it benefits your life and diabetes management. Your parents are asking these things out of concern for you and your health, not because they want to criticize you. If you don't have one, create a communications plan with your parents. Below are some tips to help you get through this challenging time, and stress less about diabetes.

ESTABLISH A PLAN

Unless you discuss it beforehand, it's likely that when you come home you and your parents will fall back into old habits of diabetes management. Think about what you want out of your time at home, and discuss this with them before you get there. For example, if your parents used to do nighttime checks and you would rather they let you handle it, tell them. On the other hand, some students enjoy getting a "break" from diabetes when they are back home with their parents. It can be a relief to have someone help out when you've been doing it on your own. Whatever you decide, discuss it beforehand so that you are all on the same page.

COMMUNICATE

Your parents want to know what's going on in your life at college, and that includes diabetes! Be open with them about how things have been going, and don't be afraid to ask for help if you need it. If you've been struggling with fitting diabetes into your schedule, are feeling burnt out, are stressed about staying healthy, talk to them. They may have ideas or strategies to help make your life a little easier.

MAKE A SCHEDULE

Remote classes can be tricky to manage and it is easy to procrastinate. Create a schedule each week that you can share with your parents. That way they will know when you are working on school and not able to chat (or do chores)!