

DEALING WITH
DIABETES
BURNOUT

Ginger Vieira

anything can cause DIABETES BURNOUT

- diabetes sucks
- painful technology
- death in the family
- stress at work, school
- 30 years of diabetes
- 3 years of diabetes
- lack of support
- pressure, pressure
- so many rules/work
- diabetes still sucks
- all of the above
- none of the above

DIABETES BURNOUT

can look like anything:

- testing BG less often
- skipping insulin
- eating loads of carbs
- crying, swearing, hiding
- letting BG run higher
- none of the above
- lying to loved ones
- candy for dinner
- quietly hating it
- avoiding the doctor
- not caring at all
- all of the above

MOVING THRU

DIABETES BURNOUT

GRADUALLY

(...not overnight!)

**STARTING WITH
ONE NEW GOAL
AT A TIME.**

(simple & specific goals)

examples of goals:

I will check my blood sugar before breakfast for the next week.

I will eat a healthy low-carb lunch for the next 10 days.

I will write something nice about myself on a stickie-note every day, for 30 days. Then, I will starting checking my BG more often.

I will make time to dance every morning to three of my favorite songs to help me set the tone for my whole day.

I will take at least 2 units of insulin with every meal of carbs.

I will repeat in the mirror every morning for 1 week: "Diabetes is not easy. I don't have to be perfect. I'm doing the best I can."

more goals...

I will ask for help this week and let my family know I'm struggling.

I will schedule with my doctor this month and show up.

I will write down my diabetes thoughts/struggles for one week.

I will pick 3 days each week to definitely go to the gym.

I will cook one healthy, yummy recipe each week for a month.

I will give myself to permission to eat 5 cookies every night, take my insulin, and enjoy every freaking bite! Every bite!

REFLECT &

REPEAT.

NEW YEAR

GIVE UP

**We have to just keep showing up to
give whatever we've got to give: a little or a lot.**

Find more from Ginger:

