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
MY DIABETES BURNOUT looks like ________________.
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.
NEVER GIVE UP

We have to just keeping showing up to give whatever we’ve got to give: a little or a lot.