

MANAGING DIABETES BURNOUT

**Burnout
is part of
diabetes
management.**

Acknowledge burnout.

Burnout occurs when we feel overwhelmed, emotionally drained, and unable to meet constant demands. If you feel burned out, it's for a reason. Don't blame yourself for not doing enough. Instead, listen to what the burnout is telling you. Once you acknowledge that your burnout needs attention, you can allow yourself space to address it.

Be kind to yourself.

No one has it together all the time. That means you won't either. You're allowed to feel stressed, overwhelmed and frustrated with diabetes. It's a full-time job that requires lots of attention. Cut yourself some slack. Showing ourselves compassion improves our ability to cope with life stressors, including managing diabetes.

Connect with others.

One of the best antidotes to burnout is a rich interpersonal interaction. Reach out and spend time with someone who "gets it." Talk through your stressors, or do something you find fun. It can also be helpful to find a "Diabuddy" to call when diabetes gets overwhelming. If you don't have a Diabuddy, get involved with the Diabetes Online Community (DOC).

Let go of perfect.

Diabetes management is never perfect, and perfectionism isn't healthy. Doing everything "right" with diabetes also doesn't guarantee a specific outcome. Strive for healthy diabetes management, and also go easy on yourself when things don't go as planned. Unrealistically high expectations creates a direct path to burnout.

Set boundaries.

A lack of boundaries causes people to take on workloads, priorities or burdens that aren't theirs to carry. Once we implement strategic boundaries, our stress levels usually drop and energy increases. Setting boundaries is crucial to effective diabetes management. This includes saying no, practicing self care, and assertively expressing your needs.

Take breaks.

We can't get rid of diabetes. But, we can take intentional vacations from diabetes once in a while. Take a night off from your strict meal plan, or switch from your pump to injections for a few days. Ask your doctor to help you plan and inform someone close to you about your changes. That way your team can navigate the changes with you.