

# Diabetes and Your Mood

Diabetes is a life-long, or chronic, disease that requires constant management to control your blood sugar (glucose).



Many people experience feelings of anger, sadness, or fear when they find out they have diabetes, or they may not want to accept that they have the disease.<sup>1,2</sup>

Keeping track of your blood sugar, taking medications, planning your meals, and making sure you get enough exercise can be overwhelming and emotionally exhausting.<sup>1</sup>

You may be worried about your diabetes becoming worse or developing complications, such as heart disease or stroke.



You might be worried about the cost of treating your diabetes.<sup>2</sup>



It is normal to feel sad, upset, or worried when you find out you have a life-long disease.



Your mood can affect what you feel like doing and how you take care of yourself.



If you feel sad or angry because you have diabetes, you might not want to exercise or eat right. Exercising can help your mood and make you feel better.



Eating right can help you feel in control of your diabetes.



Support from your family and friends can help you manage your diabetes.

Sometimes it might be hard to tell your friends and family that you cannot eat certain foods or that you need to get more exercise. It is important to be honest with them about what you can eat and ask for their support. Bringing a friend on a walk can help lift your spirits and keep you healthy!

Some people with diabetes have a higher risk for depression,<sup>3</sup> a condition that causes feelings of sadness or loss of interest in daily activities and things you used to enjoy.

If you often feel sad or hopeless, then you need to get help from a healthcare professional. Your doctor or nurse can help you find a mental health specialist familiar with diabetes.

**Some symptoms of depression include:<sup>3,4</sup>**



Loss of interest or pleasure in activities you used to enjoy



Changes in your sleep



Changes in your appetite and weight



Waking up earlier than normal



Low energy



Trouble concentrating



Feelings of guilt



Nervousness



Morning sadness

Not everyone living with diabetes experiences the same symptoms of hyperglycemia. In some people, the symptoms may not feel as pronounced, or the individual may not associate the symptoms to high blood glucose levels.

**Having diabetes does not mean you will be sick for the rest of your life. It means that you need to work to take care of yourself to stay healthy. This includes:**

**1**

Making sure your diabetes does not make you feel sad or alone.

**2**

Your body and your mind can stay healthy if you eat right, exercise, take your medicine, and share your feelings with your friends and family.

Your healthcare team can also help you deal with the stress, worry, and sadness that can come with living with diabetes. The next time you have a diabetes checkup, talk with your healthcare provider about how you feel and about any symptoms of depression that you might have experienced recently.



1. American Diabetes Association. Mental Health. <http://www.diabetes.org/living-with-diabetes/complications/mental-health/>. Accessed February 6, 2019.  
2. American Diabetes Association. Diabetes Distress. <http://www.diabetes.org/living-with-diabetes/complications/mental-health/diabetes-distress.html>. Updated July 29, 2014. Accessed February 6, 2019.  
3. Shoek FJ, et al. Constructs of depression and distress in diabetes: time for an appraisal. *Lancet Diabetes Endocrinol.* 2015;3(6):450-451.  
4. American Diabetes Association. Depression. <http://www.diabetes.org/living-with-diabetes/complications/mental-health/depression.html>. Updated December 7, 2018. Accessed February 27, 2019.