

Diabetes Burnout

Diabetes is not easy — it's like having a job that requires you to be on call 24/7 with no weekends or vacations off, no pay and little recognition or appreciation for your hard work. Diabetes burnout happens when you feel overwhelmed by the many demands of taking care of your diabetes.

Adapted from Baylor Young Adult Diabetes Educational Material.

Signs of diabetes burnout include:

- Feeling overwhelmed with diabetes care
- Feeling extremely irritated or frustrated about diabetes
- Feeling that diabetes has taken over your life
- Avoiding diabetes tasks (e.g., checking blood glucose, taking insulin, counting carbohydrates)
- Feeling like no one understands what you are going through
- Arguing with family about diabetes management

What can you do about diabetes burnout?

Focus on actions, not numbers.

Blood glucose ups and downs are part of living with diabetes and cannot always be predicted or avoided. Focus on what you are doing well for diabetes care, whatever the blood glucose number.



What are you doing well with your diabetes?

Recognize the tough parts and any benefits.

Diabetes is hard, and it's OK to say it out loud! It's important to acknowledge when things are tough. Also, notice anything you have gained because of diabetes — maybe making new friends, overcoming something scary, or learning more about how to keep your body healthy.



Can you list one thing that is challenging with your diabetes care?

Aim for progress, not perfection.

No matter how hard you try, you just can't control diabetes—but you can manage it. Remind yourself you are doing your best, follow your treatment plan as closely as you can, and ask for help from friends and family.



Can you name one person that can help you?

Schedule time to connect.

Sometimes it can feel like all you talk about is diabetes, and that can be exhausting for everyone. Set aside one-on-one time with a friend or family member to talk or do an activity that has NOTHING to do with diabetes.



What is a fun activity you can schedule in the next month?

Diabetes Line
832-822-3670



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Connect with others who have diabetes:

It can be tough to deal with anything all by ourselves, especially diabetes. Talking to people who can relate to your experiences helps you remember you aren't alone, helps you connect with new friends and even allows you to support others.

Check out these websites:

- CollegeDiabetesNetwork.org
- BeyondType1.org
- BeyondType2.org

Tell your team.

If you are feeling overwhelmed, sad, angry, alone, or struggling to manage diabetes, let your diabetes care team know—having these feelings doesn't mean that you are failing or have done anything wrong! We can help you understand how to work through these challenges and connect you with support to make things feel easier.

Health support

Your insurance provider can help you find a therapist near your home who accepts your insurance. You can also call the agencies below for more information about their services:

Legacy Community Health center

- 832-548-5000
- Multiple locations in Houston and Beaumont
- Bilingual therapists are available
- Insurance is not required

Local mental health authority (LMHA)

- Provides mental health services, including counseling to residents in that county.
- Available in every county in Texas.
- Bilingual therapists are available.
- Insurance is not required, but you must attend an eligibility appointment before receiving services.
- Find your LMHA on the right and call them for more information.

Family Houston

- 713-861-4849
- Multiple locations in Houston
- Bilingual therapists are available
- Insurance is not required

Harris Center For Mental Health and IDD

Harris County
713-970-7000

Texana Center

Fort Bend, Austin, Waller, Colorado, Wharton or Matagorda County
281-239-1300

Gulf Coast Center

Galveston or Brazoria County
877-226-8780

Tri-County Services

Liberty, Montgomery or Walker County
936-521-6100

Spindletop Center

Chambers, Hardin, Jefferson or Orange County
409-839-1063

MHMR Authority of Brazos County

Brazos, Burleson, Grimes, Leon, Madison, Robertson or Washington County
979-361-9815

Note

If at any time you feel your life or safety is in danger, **call 911 or go to the nearest emergency room.** You may also find the following numbers helpful:

National Suicide Prevention Lifeline
1-800-273-8255

Crisis Intervention of Houston Hotline
832-416-117

Crisis Text Line
text HOME to 741741

Diabetes Line
832-822-3670



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