

Diabetes Burnout

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- **What is diabetes burnout?**

- Feeling overwhelmed, frustrated, or apathetic about diabetes and the demands of self-care
- Emotions may include anger, worry, defeat, hopeless, helpless, guilt, isolated or disengaged
- Also referred to as “diabetes distress” – stress from burden of chronic disease with subclinical levels of anxiety and depression symptoms
- What are your signs of burnout? Knowing your signs can help you identify it and take action

- **What causes diabetes burnout?**

- High demands of self-care. Few other conditions have the high self-care demands of diabetes
 - multiple daily tasks
 - multiple areas of behavior (eating, exercise, medical)
 - multiple areas of life affected (physical, social, emotional, financial)
 - continuous, long-term nature of treatment regimen
- Working hard and not seeing results
- Outside demands compete with time and energy for self-care
- This is a normal response to an abnormal (meaning not typical) situation – you are asked to do things that are out of ordinary for most people

- **What helps to overcome burnout?**

- Identify and problem solve factors that contribute to your burnout
- Examine your expectations and self-talk
 - Thoughts impact feelings and behavior
 - Track your self-talk and beliefs about diabetes
 - Are they realistic?
 - Do they support your goals
 - Challenge and re-write negative or unrealistic beliefs and practice the new way of thinking
- Remind yourself why good diabetes care is important to you
 - Ask yourself if you are comfortable accepting the outcomes of your current path
- Remember this is a marathon and not a sprint – it's about striving for a healthy lifestyle not perfection. Each day is an opportunity to make a healthy choice.
- Set realistic goals and start with small steps to get back on track.
- Reward yourself for small successes
- Plan positive and fun events each week – diabetes is hard work and you need things to look forward to in your life
- Reach out to friends and family for support- sometimes just venting can make a difference
- Connect with your diabetes care team
- If problems persist, consider working with a mental health professional