

Taking Care of Yourself

Here are some suggestions which focus on emotional and practical wellbeing to help you to look after yourself so you can be in the best place to look after your child.

- **Build small, sustainable moments of rest**

Choose one daily moment to boost your mood if you can, such as a short walk or some physical activity, a quiet cup of tea, a shower without rushing or making time for that phone call with a friend. Use small pockets of time rather than waiting for a long break that may never come.

- **Share the load, even in tiny ways**

If you can, let a friend, or family member take on just one additional task, like helping with a school pickup, making a meal or asking a friend to come around and support you within the house. You can also reach out to your diabetes team and ask them about local groups in your area. Remember help comes in different forms and doesn't always have to be related to diabetes.

- **Make routines your ally**

Create simple, repeatable systems: supply restocking day or setting up a device-change schedule. For example, setting an alarm for ordering your next diabetes supply just like you might set a reminder for putting the bins out. Reducing decisions reduces stress.

- **Seek connection, not perfection**

Join a local or online parent community for T1D families. You can take a look at the connect button in the DigiBete app to find events in your area including Breakthrough T1D UK and Diabetes UK events.

See our Building Your Support Network Activity to further help.



- **Check in with yourself regularly**

Ask yourself:

Am I more irritable than usual?

Do I feel emotionally drained?

Have I stopped doing things that normally help me relax?

Recognising early signs of potential burnout makes it easier to take small corrective steps.

- **Celebrate tiny wins**

A smooth device change.

A day that simply felt okay.

These build resilience and counterbalance frustration.

- **Lower the bar when you need to**

For example, think about are there any non-urgent tasks you could put off today?

It's okay if some days are about getting through, not doing everything "right".

Good-enough parenting is still good parenting.

- **If needed seek external support**

Your diabetes team, counselling, peer support and meet up groups can provide practical strategies and emotional relief.

Remember: caring for yourself isn't separate from caring for your child, it is part of it.

When you keep active and are rested, supported, and emotionally well, you are in a stronger position to support your child's needs.

And you are not alone on this journey. Many other parents understand what you are going through. Their voices and experiences can bring comfort, connection, and hope.

Why not take a look at the poem 'An injection of Hope' by Heather who is a parent to a young person with Type 1.

