

Cycle of Grief

When your child is diagnosed with diabetes, it's normal to experience a wave of emotions. At first, it might seem manageable, something you can control by making changes here and there but for many, the reality hits hard. A diabetes diagnosis can feel like a loss. You're not just adjusting to a medical condition, you're grieving the carefree life your child had before. The worries you once had suddenly feel small compared to this new reality.

It's natural to move through the stages of grief, just as you would after any major life change. You may revisit those feelings over time, and that's okay. It's part of adjusting, coping, and finding your way forward.



Adapted from Bridget Montgomery's 7 Stages of Diabetes Grief.