

Burnout



Burnout happens to a lot of people and you shouldn't be hard on yourself if you feel like this.

Set yourself small achievable goals rather than setting your expectations too high.



Talking about how you feel can really help. Sharing how you feel with friends or family can help ease the load and they can also support you through it.



Talking to other people with diabetes can also help. They know what it's like to live with and can give you useful tips and support.

Blood glucose levels are only a number. They don't reflect who you are or the amount of effort you put into managing your diabetes.



Use words like 'high' or 'low' when talking about blood glucose levels rather than 'good' or 'bad'.

Be kind to yourself!



Take time out for yourself and do things that help you relax.



Ask your Diabetes Team for help if you are feeling burnout.



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More resources can be found in the DigiBete app or on the DigiBete website www.digibete.org



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