



**BURNOUT HAPPENS TO A LOT OF PEOPLE AND YOU SHOULDN'T BE HARD ON YOURSELF IF YOU FEEL LIKE THIS.**

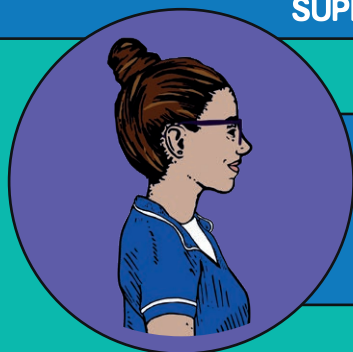
**SET YOURSELF SMALL  
ACHIEVABLE GOALS  
RATHER THAN SETTING  
YOUR EXPECTATIONS TOO  
HIGH.**



**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.**



**ASK YOUR DIABETES TEAM FOR HELP IF YOU  
ARE FEELING BURNOUT**

**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.**