



Your local Diabetes team:

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**PATIENT
INFORMATION**

Diabetes Burnout

I have tried to sort it, out but I just can't. I eat what I want when I want, inject when I want. I get scared about it but then I end up being worse. I'm still young and I'm just fed up!

*Information about
Diabetes Burnout
and how to manage it.*

If you, your friend or relative might be in Diabetes Burnout and want some extra information and support:

1. *Remember burnout can feel like a nasty place to be, but **you are not alone!***
2. *Talk to the diabetes team.*
3. *Ask to see the psychologist for a chat about what burnout is like for you.*



NOTES:

Living with diabetes is a daily job and this affects you and the people around you.

Diabetes Burnout refers to when someone is **fed up** with dealing with diabetes. They might have problems with their diabetes or problems in other areas of life that get in the way of diabetes care. In burnout the person usually neglects their diabetes care and feels they can't cope with it.

Typical burnout behaviour:

- Ignore high blood sugar, miss testing bloods or miss giving insulin
- Eat and drink stuff you know you shouldn't without giving the right amount of insulin
- Avoid meter downloads, HbA1c scores and testing for ketones.

Diabetes does not have to feel like it rules your life.

Burnout often links with changes in mood & emotions. These changes can affect you and your relationships with family and friends:

Stress, anxiety, guilt, depression, anger, resentment, shame, helplessness or avoiding feelings altogether.

You start to feel that you're constantly fighting a battle with your own body and it's as if your body will do anything to make your life a misery it does help to talk to someone. It's good to know you are not alone in this.



Burnout is not your fault we can work together to help you find a way out!

Ten tips for fighting burnout and making a fresh start.

1. **Be honest with yourself:** Lots of people end up feeling burnt out. It's not your fault, but it can be down to you to try to work on it. Take a deep breath and look at your diary or meter. Let yourself see what needs to change.

2. **Check your mood & notice your feelings:** Maybe you are feeling low, anxious or have never really accepted that you have diabetes? Maybe you have other problems that make diabetes seem less important? Each day you could write down a time when you felt happy, sad, angry or scared. Try to work out where your feelings are coming from. You might not be able to fix this all on your own.

3. **Change is difficult for everyone** so use the support that is there for you. The diabetes team understand that burnout feels hard. If you are honest with them, they can help you find a way out.

4. **Build a good team around you.** This might include family, friends and the diabetes team. You need positive people who can encourage you. Think what you want them to do to help, and talk about it together. Talk to the diabetes team: They are all aware of burnout and how hard it can feel.

5. **Release your frustration:** Get your feelings out with a diary, drawings, sports, listening to music or dancing like mad to your favourite track. Whatever works for you.

6. **Relaxation skills can help you feel better.** Try sitting somewhere quiet, first notice your breathing, then make it slower, imagine a balloon in your chest getting bigger as you breathe in, then smaller as you breathe out. Practice slow breathing when you are calm, so you are ready to use it when you are upset.
7. **Make sure you do things you enjoy:** If you feel sad or low, this can result in you doing less of the things you enjoy. This however, can then sometimes leave you feeling even worse. Plan in some positive activities that make you feel good, to boost your mood.
8. **Practise problem solving skills:** Think 'what is the problem?' (e.g. don't like injecting), then list all possible solutions you can think of. Work out the pros and cons of each option then decide which solutions to try. If the problem is arguments between you and your parents, you might need some extra help and support.
9. **Be kind to yourself:** When diabetes is not going right, it's easy to be hard on yourself. Nobody is perfect & we all tend to sometimes focus more on what we are not doing so well. Keep things in perspective & celebrate tiny signs of things getting better, e.g. 5 things you did well each day.
10. From the ideas above, **make a plan. What changes do you want to make?** Start small. Set goals you can definitely achieve (e.g. to test your bloods one more time per day). Set a date to make a start. Even one small step in the right direction is a good thing.

