

## 12 Reframes to Help with Diabetes Distress

- It's not your fault you have diabetes. It's not your fault your pancreas doesn't work right.
- You can't control your blood sugars all the time, but you can take actions to manage your diabetes to the best of your ability.
- Blood sugars are not good or bad, they are just numbers that inform us of what action is needed next.
- Listen to your self-talk. It is tempting to be overly self-critical and blame ourselves. Try to imagine you are coaching a friend with diabetes. What advice or coaching would you provide?
- Diabetes isn't about perfect or getting it right all the time. It's about taking baby steps to make small improvements and keep safe.
- Take short mental breaks from your diabetes – walk outside, enjoy a hobby, listen to music, volunteer, join a group.
- Talk about your feelings to friends and family. Let them know how to help you succeed and things that don't help.
- Keep active, nourish your body, try meditation, enjoy oxygen cocktails, get out in nature.
- Remind yourself of all the work you ARE doing to manage your diabetes.
- Join diabetes camps, social media groups, find your people, your community.
- Consider connecting with a mental health professional.
- Remember, you are not alone. You are resilient. You are not your blood sugars. You got this. Baby Steps

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