

# Diabetes and Your Mood

When you found out you had diabetes, or sugar in your blood, you might have been angry or scared. You might have thought that after you took some pills, it would go away. When you learned that you will have diabetes for the rest of your life, you were likely upset.

It is normal to feel sad or upset when you find out you have a life-long disease. A disease you will have for a long time is called a chronic disease.

Your mood can affect what you feel like doing and how you take care of yourself. If you feel sad or mad because you have diabetes, you might not want to exercise or eat right. However, exercising can help your mood and make you feel better. Eating right can help you feel in control of your diabetes.

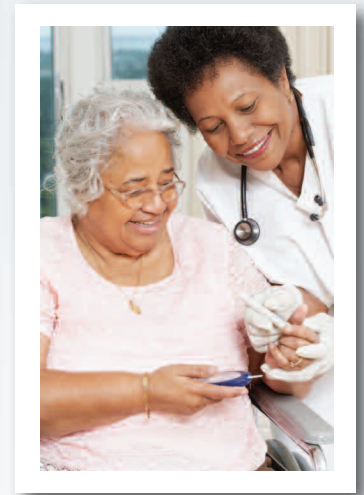
Sometimes it might be hard to tell your friends and family that you cannot eat certain foods. It is important to be honest with them about what you can eat and ask for their support. Bringing a friend on a walk can help lift your spirits and keep you healthy!



If you are very sad all of the time, you should talk to your healthcare provider about your feelings. There are treatments and medicine used to help people with depression, a feeling of “the blues” that lasts for a long time.



Having diabetes does not mean you will be sick for the rest of your life. It means that you need to work hard to take care of yourself to stay healthy. This includes making sure your diabetes does not make you feel sad or alone.



Your body and your mind can stay healthy if you eat right, exercise, take your medicine and share your feelings with your friends and family. Your healthcare team can help you deal with your sadness too. So don't forget to mention it the next time you have a diabetes checkup.

