



Diabetes Emotional Support Kit

Finding Peace, Building Resilience,
Thriving with Diabetes

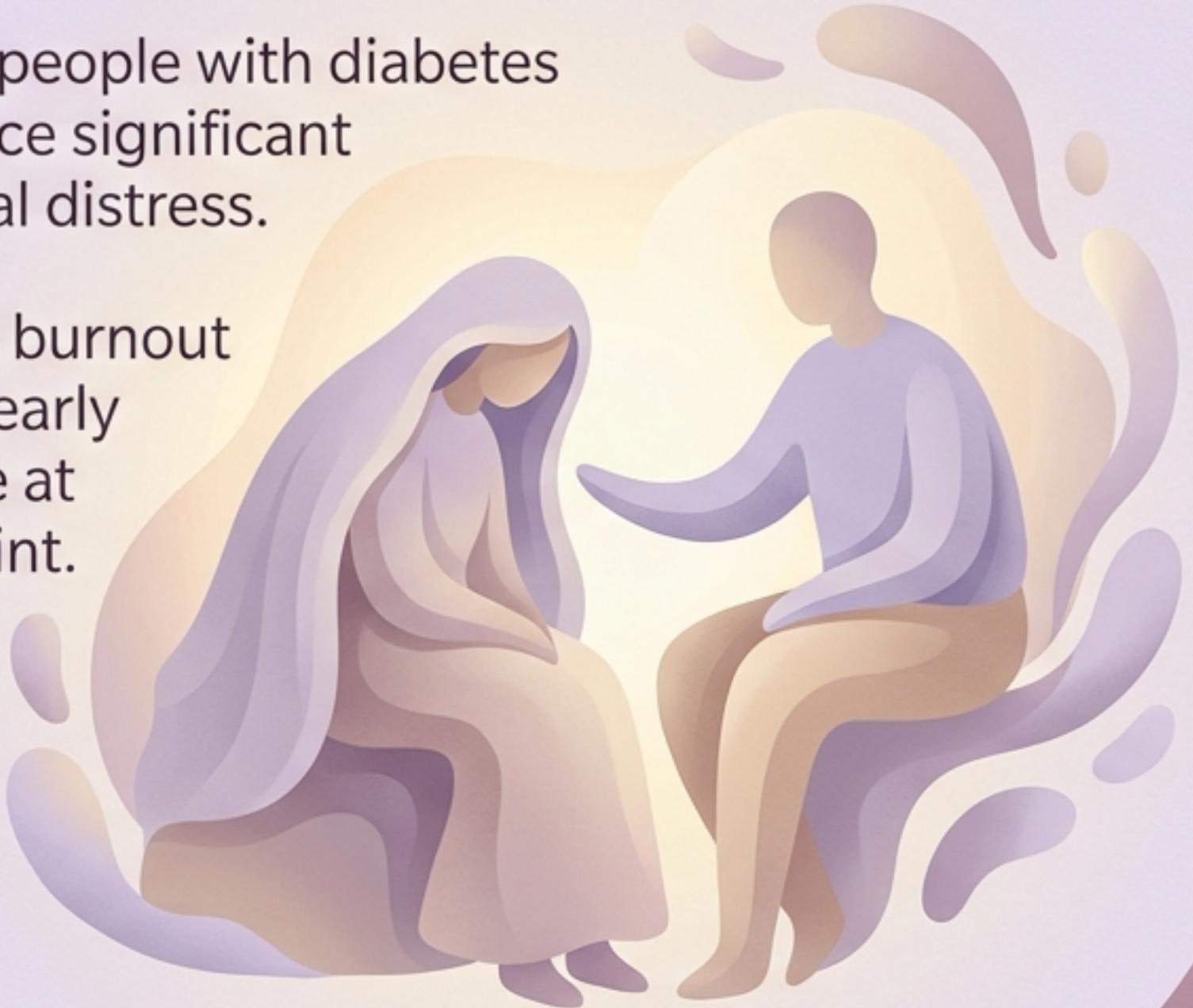
You Are Not Alone

Living with diabetes is hard. It is not just a physical challenge, but an emotional one. It is okay to struggle, and it is okay to ask for help.

This kit is your companion for the tough days and your celebration guide for the victories.

40% of people with diabetes experience significant emotional distress.

Diabetes burnout affects nearly everyone at some point.



Understanding Diabetes Burnout

The feeling of being overwhelmed, frustrated, or defeated by the constant demands of management.



The Signs

- Skipping blood sugar checks
- Feeling hopeless about numbers
- Taking a “Diabetes vacation”
(ignoring management)
- Anger at diabetes or yourself
- Avoiding appointments



What it is NOT

- It is not laziness.
- It is not weakness.
- It is not your fault.
- And most importantly, it is not permanent.

The Recovery Plan: Pause and Simplify

Phase 1: Acknowledge (Days 1-3)

- Say it out loud: “I’m struggling, and that’s okay.”
- Write down exactly how you feel.
- No judgment, just honesty.

Phase 2: Simplify (Days 4-7)

- Pick ONE thing to focus on (e.g., just checking sugar, or just taking meds).
- Let go of perfection.

“Good enough is good enough.”

The Recovery Plan: Connect and Rebuild

Phase 3: Connect (Days 8-14)

- Tell one trusted person how you feel.
- Join a diabetes community (online or local).
- Reminder: Millions share your journey.

Phase 4: Rebuild (Days 15-30)

- Add back ONE habit at a time.
- Celebrate tiny wins.
- Create new, sustainable routines.

Words for the Heart

Morning

I am more than my blood sugar numbers.
Today I will do my best, and that is enough.

After a Low

I handled this. I'm capable.
My body gave me warning signs, and I listened.

After a High Reading

This is data, not a grade.
One reading doesn't erase my efforts.

End of Day

I showed up for myself today.
I am doing hard things with grace.

Journaling to Heal

Reflection

- If my diabetes could talk, what would it say?
- What gives me hope?

Growth

- How can I be kinder to myself this week?
- What old belief about diabetes can I let go?

Gratitude

- What is one thing my body did well today?
- What is a small victory I often overlook?

Moving Forward

- Write a letter of compassion to yourself.

Quick Stress Relief Techniques

The 5-Minute Calm Down

Breathe

In for 4 – Hold for 7 – Out for 8 (Repeat 3x)

Affirm: “This moment will pass.”

Grounding Technique



Name: 5 things
you see



4 things
you hear



3 things
you feel

Release: Shake your hands, roll your shoulders.

When It Feels Too Heavy

When You Are Angry

- Punch a pillow or scream into it.
- Write an angry letter (don't send it).
- Go for a fast walk.

When You Want to Give Up

- Call someone who gets it.
- Do just ONE diabetes task.
- Look at how far you've come.

Key Reminder: Burnout is temporary.

Speaking Your Truth

To Family/Friends

“I’m not looking for advice—I just need you to listen and support me.”

Setting Boundaries

“I appreciate your concern, but comments about my food choices aren’t helpful. I’d love your support in other ways.”

Asking for Help

“I’m going through a tough time. Could you [specific request]? It would really help me.”

At Work

“I have a medical condition that requires me to [check blood sugar/eat]. I wanted you to be aware.”

Building Your Support Village

The Healthcare Provider who listens

The Friend who doesn't judge

The Family Member who understands

The Online Community for 3 AM moments



Where to find them

- Health Gheware community
- Local hospital support groups
- Diabetes camps and events

Strength in Seeking Help

Consider Professional Support If:

- ✓ • Sadness or anxiety lasts more than 2 weeks.
- ✓ • Diabetes management feels impossible.
- ✓ • You are using food or alcohol to cope.
- ✓ • Relationships are suffering.

Who Can Help:

- ✓ • Diabetes Educators (practical help)
- ✓ • Therapists (emotional processing)
- ✓ • Psychiatrists

Asking for help is one of the bravest things you can do.

Your Self-Care Toolkit

Daily Non-Negotiables

- One moment of stillness
- One act of kindness to yourself
- One thing that brings joy

Weekly Refills

- Move your body
- Time in nature
- Laughter (watch something funny!)

Monthly Recharge

- Review wins, not just struggles
- Adjust what's not working
- Celebrate progress

You Are Safe

Crisis Support (India)

iCall: 9152987821

Vandrevala Foundation: 1860-2662-345
NIMHANS: 080-46110007

Reminders

- ✓ Bad days end.
- ✓ You have survived 100% of your worst days.
- ✓ Help is available. You matter.

Your Personal Mantra

Even when diabetes is hard...

I am _____.

I deserve _____.

I am capable of _____.

“You are a warrior. You are enough. You’ve got this.”