

# Emotional Wellbeing

Most of us feel there are times in our lives when we feel overwhelmed, low, stressed, anxious or out of control, confused or not able to cope. In addition to the general emotional distress, living with diabetes may exacerbate your stress levels. Some may be feeling:

- of fear of hypos, short and long-term diabetes complication or your HbA1c level
- isolated and overwhelmed to keep up with daily diabetes management and university routine
- loss of sense of control when your glucose level was out of control

## Tips:

- Avoid self-medication with tranquilisers, too much caffeine or alcohol
- Take a step back and notice your health situation- learn to accept things that you cannot change. Set a small goal at a time
- Be more physically active - take a small walk or have a run
- Seek for help – open up with your friends, family and doctors. Be honest about how you are really feeling. Remember, you are not alone. There is usually support available at university

Several studies suggested that people with diabetes have a greater risk of depression. It can affect people in different ways and may cause managing diabetes more challenging. (<http://www.nhs.uk/Conditions/Depression/Pages/Symptoms.aspx>)

## Useful links

- JDRF [mental health](#) pages
- [Wellbeing services](#)
- Information on [Diabulimia](#)
- Information on [Diabetes burnout](#)
- Information on [stress, anxiety and depression](#)