

# Diabetes and Emotions: Recognizing Stress

Whether you have been recently diagnosed, or have been living with Diabetes for years, coping with the daily challenges of diabetes management can add stress to your life.

But stress can also come from any number of other areas of your life - family, friends, work, major life changes, finances, health concerns. Stress is individual, what stresses someone else out, might not bother you at all.

No matter where your stress is coming from, it is important to recognize the symptoms of stress so you can take steps to manage it.

Some signs of stress include: elevated blood glucose; disturbance in sleeping habits; eating too little or too much; which may lead to hyper or hypoglycemia; headaches; or tension in the neck, shoulders, jaw, back or chest.

You may also experience high blood pressure, upset stomach, skin breakouts, and weight gain or loss. These are all effects that stress has on your body.

Stress also affects your thoughts and feelings. You may feel anxious or irritable. You may feel burnt out and be incapable of concentrating. You can lose focus easily. Stress can also make you feel depressed.

You may not be able to relax and enjoy yourself. All of these symptoms affect your behavior, which can have a negative impact on your diabetes management.

If you think stress is getting in the way of your diabetes management, talk to your diabetes care team to figure out ways to manage it. When you can better cope with all of the stresses in your life, you will be better able to cope with diabetes.