

Diabetes Burnout

Every day, you do a lot to manage your diabetes, like taking your medicine and sticking to your meal plan. But even then, your blood sugar may not be on target.

Over time, you may start to feel frustrated or discouraged by not reaching your self-care goals. This is called diabetes burnout. And it can make it harder for you to manage your condition.

If you feel emotionally exhausted from managing diabetes, talk with your care team right away. They can help you get back on track.