

Stress and Diabetes

Stress can affect how well you manage your diabetes. When you feel stressed, your body releases hormones. These hormones can raise or lower your blood sugar, making it harder for you to control.

When you're stressed, you may not take as good care of yourself as usual. For example, you may forget to take your medicine or skip meals. Both of which can affect your blood sugar.

Talk with your healthcare provider about healthy ways to ease stress, so you can better manage your diabetes.