

DIABETES BURNOUT & COLLEGE



College can be mentally and emotionally demanding. Add in diabetes and it can feel like just too much. We get it. Burnout is real, and you can expect it to arrive at some point on your diabetes journey. Learn how to recognize it and take care of yourself when the time comes.

NON-SCIENTIFICALLY

DIABETES BURNOUT DEFINED

When you are completely and totally over diabetes. You lack the time and energy to take care of yourself. It is easier to ignore it and avoid everyone and everything related to diabetes. You might have major big and bad feelings about diabetes – similar to a burning desire to skip a term paper, but knowing you can't because it's worth half of your final grade.

You might feel super alone and sad and just angry/blah/tired/over-it. Good news...it's all NORMAL!

SIGNS OF DIABETES BURNOUT

- Feeling guilty or frustrated for struggling with management
- Not checking your blood sugar at a party, swim practice, or during midterms
- Letting a CGM or pump site expire and not replacing it because you are "too busy"
- Counting every meal as 35 carbs no matter what you are eating
- Ignoring or silencing your alerts until they are critical
- Skipping a bolus, just dealing with the high later
- Not taking a meter with you to class

I'M FEELING BURNT TF OUT.... NOW WHAT?

Connect with others.

Finding community not only makes you feel better in the moment, it's actually proven to benefit your long term health. Not sure where to start? [Check here](#) to see if there's a chapter of The Diabetes Link at your school, and join our [online community on Discord](#).

Take things one step at a time.

It's ok to not be perfect. Focus on one thing you can adjust at a time: count carbs for one meal today, do one breathing exercise to ground yourself in the morning, choose one snack to prebolus for. Then try again tomorrow. Fun fact: 1% time in range=15 minutes in range. You can handle 15 minutes, you got this!

Find ways to relieve stress.

Take a walk, logout of Instagram, hug a friend, make a fire playlist, watch cat videos, read a book... Take a break, and make time to do something that you love. It will help.

Know when to seek professional help.

If you're still feeling low after your self care strategies, it's important to talk to a pro. Whether you're experiencing strong feelings of shame or guilt, or feeling symptoms of depression or anxiety, it's time to take your care to the next level. Your endo, CDCES, or PCP can refer you to a therapist in your network ([insurance is another story...](#)) or if you're on a college campus there are likely counselors you can see through your Health/Counseling Services Center. Remember, seeking support is COOL, and taking care of yourself is HOT.