

Name:  
Name of Doctor/Nurse:

Date:

# Diabetes and mood

## Information Prescription

**Living with a long-term condition like diabetes has its ups and downs, it not only upsets your body but your mind too. One in five of us feel depressed at some point in our lives, and it's even more likely if you're living with diabetes.**

### What makes people feel low?

**Physical reasons:** Some people have lower levels of 'feel good' chemicals in their brain. So if people in your family struggle with mood, you're more likely to.

**Emotional reasons:** The way we think can impact our mood. The more we listen to and dwell on negative thoughts the lower our mood may become.

**Life events:** Life can sometimes be difficult to deal with. When you're diagnosed with diabetes, or lose your job, or get divorced it can impact on your mood – which can be made worse if you feel lonely.



### When should I seek help?

Whilst it is normal to sometimes feel down, watch out for some of these signs of depression or anxiety if happening daily for two weeks or more:

- not interested in looking after your diabetes
- feeling down or sad and tearful
- not being interested in or enjoying activities
- feeling hungry all the time or going off your food
- trouble sleeping or sleeping more than normal
- feeling restless or tired
- feeling useless, hopeless or guilty
- finding it hard to make decisions
- regular thoughts about hurting yourself.

### My next steps

#### The two most important actions I am going to focus on are:

(Discuss and agree with your doctor or nurse. Think about what, where, when and how?)

1

2

### How can I start to feel better?

It's normal for everyone to feel a little down from time to time and it doesn't always mean you're depressed. It's important to remember:

- It's normal to feel scared about having diabetes.
- It's normal to feel stressed about managing your diabetes and experience burnout.
- It's normal to feel nervous when your blood sugar levels are too high or too low.

### Talk about your feelings

- Talking to friends or family can be a great help.
- Talking to other people with diabetes can help you learn how others manage when they feel low. Try our Helpline 0345 123 2399\*, one of our local support groups or our online forum.diabetes.org.uk
- Talking therapies can help you find positive ways to cope, eg cognitive behavioural therapy, counselling or psychotherapy.

### Discuss medication

- Your GP may suggest medication to help improve your mood and help with anxiety.

### Make small lifestyle changes

- Looking after your body can improve your mood and your diabetes management. This includes eating a balanced diet, getting plenty of exercise and having enough sleep.
- Make time for yourself.
- Reading a self-help guide, available free online and in libraries.