

Living with diabetes

Coming to terms
with your diagnosis

Developed by the Novo Nordisk Support
Team for people living with diabetes





Ren Yanxia
Type 2
China

What's in this leaflet?

Being diagnosed with diabetes can be a huge shock and you might be finding it difficult to come to terms with. It's important to know that whatever you're feeling is completely normal, and you're not alone. This leaflet will give you some practical advice on how to cope with your diagnosis.

- 4 Coming to terms with having diabetes
- 6 Get help from your healthcare team
- 8 Reach out to people who understand

Coming to terms with having diabetes

It's normal to feel overwhelmed

When newly diagnosed, it may be difficult to come to terms with your diagnosis. It may also be difficult to come to terms with the fact that diabetes is a serious condition. It's perfectly normal to feel angry, shocked, and overwhelmed in the weeks and months following your diagnosis. Here are some small things you can do:

- Be kind to yourself and celebrate small successes. Those initial steps – whether that's making a healthy meal choice or measuring your blood glucose for the first time – are moments to be proud of.
- Starting a mood diary or journal can be a great way to keep track of your emotions and spot any links between how you feel physically and emotionally.
- Sharing your ups and downs with your friends, family or diabetes care team will help you digest how you feel.

Things change

Remember that everyone is different and how you and your family cope with your diabetes diagnosis will vary. Don't worry if you feel angry or upset later on, it's completely normal to have ups and downs at different points in your journey.

P.J. Pimpinelli
Type 1
USA



Alexandra Costa
Type 1
Portugal



It's normal to think 'why me?'
But you never need to be alone on your journey.

Get help from your healthcare team

Check in straightaway

Getting emotional and psychological support from your healthcare team is important. You should reach out to start getting this care as soon as you're diagnosed with diabetes.

Taking the following steps with your healthcare team will help you to come to terms with your diagnosis and get the right support:

- Write down your thoughts, feelings and questions before your appointment.
- Ask someone you trust to go with you to your appointments. Emotional support will make it easier to take everything in.
- Be honest about your health and how you're really feeling.

Take notes

Your diagnosis may have come out of the blue, making it hard to take in lots of information initially. Try writing the important bits down so you can digest everything in your own time.



Reach out to people who understand

Talking helps

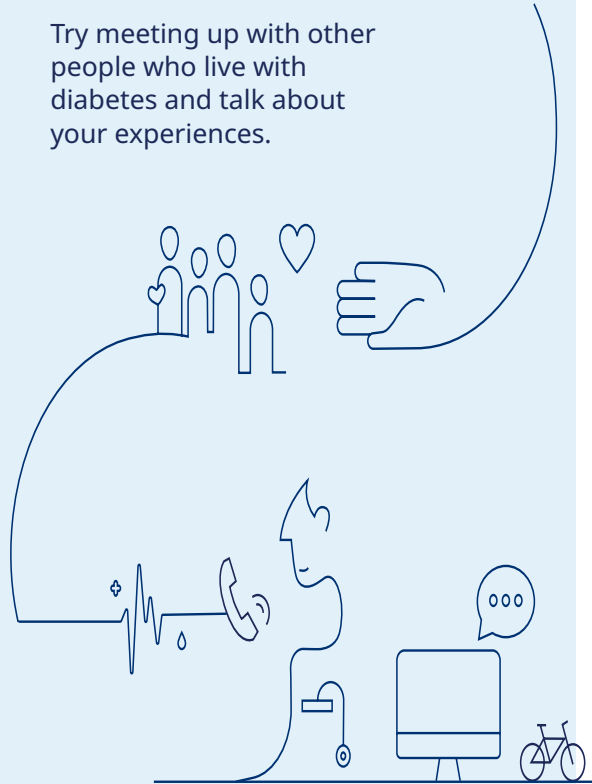
Being diagnosed with diabetes can make you feel isolated and you might find it difficult to open up about how you're feeling. But talking to people who understand you can really help.



Jörg Freitag
Type 2
Germany

It can help to talk to a family member or friend that you trust.

Try meeting up with other people who live with diabetes and talk about your experiences.



Trained counsellors on the Diabetes UK helpline: 0345 123 2399 can help you explore how you're feeling.

The Diabetes UK forum is a great place for sharing your experiences and supporting one another. There's even a dedicated group for those who've been recently diagnosed. www.diabetes.org.uk

Alexandra Gräber-Rosin
Type 1
Germany



Coping with diagnosis

Developed by the Novo Nordisk Support Team for people living with diabetes

For more information, please don't hesitate to get in touch with your GP or Diabetes Specialist Nurse, or visit the Diabetes UK website.

www.novonordisk.co.uk

Novo Nordisk have been working in diabetes since 1923. To find out more about our work, please visit our website.

Novo Nordisk Customer care 0845 600 5055

Office hours 8:30am – 5:30pm (weekdays and bank holidays). Calls may be monitored for training purposes.

Cover image
Huw Bevan
Type 2
UK

UK20DI00229

Date of Preparation: August 2020

