

Diabetes and mental health

How to manage
your wellbeing



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


novo nordisk®



Jonathan Charlesworth
Type 1
South Africa

What's in this leaflet?

Living with diabetes has its ups and downs, and it can have a serious impact on how you feel. This leaflet will help you understand how diabetes affects your mood and offer advice on steps you can take to feel better.

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Managing your mental health

Check in with your emotions

When you have diabetes, it's normal to sometimes feel scared, stressed, angry or low. You may notice physical signs too, such as missing meals, losing sleep, or feeling butterflies in your stomach. It's important to check in with yourself and look out for the following behaviours:

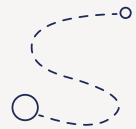
- Feeling as though diabetes is controlling your life.
- Avoiding part of your diabetes routine.
- Eating poorly – as this can be really dangerous for someone with diabetes.
- Being in denial about having diabetes.
- Feeling alone and isolated.

If you notice one or more of these signs, it could mean that you're finding it hard to cope with your diabetes.

It's important to remember if you feel this way, you're not alone.

Clear your mind

Just 20 minutes of moderate exercise everyday can reduce the risk of depression by up to 31%!^{*}



^{*}Regular Exercise May Help Lower Your Risk of Depression', NHS UK, 2018

Things to help you adjust

If you're struggling with your emotional wellbeing, here are some tips to help you start feeling better:

Exercise has loads of positive benefits. When you move, your body releases endorphins (the 'feel good' hormone).

Do the things you love. Listen to music, read or meet up with friends. And try to take time for rest and relaxation.



Food can be a great way of lifting your mood. Eating the right food leads to a healthy body and a healthy mind.

Support is vital. Encourage a friend or family member to get involved and help you if you need it.

Simone Lensbøl
Type 2
Denmark



Talking helps

Tips for talking to friends and family about diabetes

Talking about mental health isn't always easy, especially in some cultures and social groups. But opening up could help you start to feel better.

Think about the topics you want to talk about in advance. You can tell your friend or family member there are certain things you'd rather not discuss. This will make the conversation flow the way you'd like it to.

Bring your friends and family into the conversation. If you're struggling, they'll be concerned and want to know more. Let them ask questions and offer support.

The people in your life – whether that's a partner, parent, friend or colleague – will want to know what they can do to help you. Try to be open and honest about what you need.

What if I need more support?

If you need more support, speak to your healthcare team. They may recommend therapy, suggest other services, or guide you towards information that could help you. They are there to support you and to help you start to feel better as soon as possible.

We also recommend you take a look at Mind (mind.org.uk). As the nations leading mental health charity, it has loads of handy tips for looking after your mental and emotional wellbeing.

You never need to be alone on your journey.

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.diabetes.org.uk

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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.

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