

IT ALL ADDS UP!

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and is intended to be used as a companion to the
IT ALL ADDS UP:
DIABETES PREVENTION & MANAGEMENT
video series produced by the
Angelina County & Cities Health District (ACCHD).

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MODULE V: DIABETES AND MENTAL HEALTH

Contents

- I. Symptoms of depression
- II. Activities that can help lower stress
- III. Things that people who have diabetes can do to manage stress
- IV. When should you seek help dealing with stress and emotional problems

MODULE V: DIABETES AND MENTAL HEALTH

Objectives

1. To raise awareness about the link between diabetes and mental health problems.
2. To educate people on how to identify and manage stress that can result from a diagnosis of diabetes.

At the end of this section, you should be able to:

1. List symptoms of depression.
2. Explain the connection between diabetes and mental health problems (depression).
3. List activities that can help you lower stress.
4. List things that people who have diabetes can do to lower stress.
5. Identify things that indicate it is time to seek help for emotional problems.
6. Say what the Suicide and Crisis Lifeline number is.

DIABETES AND MENTAL HEALTH

Living with a chronic health condition like diabetes can be challenging. Knowing healthy ways to lower stress is important to maintaining your mental health.

People who have diabetes are more likely to suffer from depression than those who do not have diabetes.

I. Symptoms of depression³

Symptoms of depression include:

- Ongoing feeling of sadness or emptiness
- Loss of interest in things you love doing
- Loss of appetite or overeating
- Sleeping too much or not sleeping at all
- Inability to concentrate or make decisions
- Feeling very tired
- Hopelessness, irritability, anxiousness, guilt
- Aches or pain, headaches, cramps or digestive problems
- Thoughts of death or suicide³

II. Activities that can help lower stress

Activities that can help lower stress include:^{1,2,4}

1. Journaling.
2. Relaxation exercises.
3. Practicing mindfulness.
4. Regular exercise.
5. Sleep.

IT ALL ADDS UP!

6. Avoid drinking too much caffeine (drinks that have caffeine- soft drinks, tea, coffee).
7. Maintain relationships with family and friends who can help with coping by providing emotional support and help.
8. Drink water to stay hydrated.
9. Limit alcohol consumption.
10. Manage your time by setting goals and priorities.
11. Focus on positive things.
12. Maintain a grateful attitude.

III. Things that people who have diabetes can do to manage stress⁴:

1. Be aware of your feelings.
2. Share your feelings with your care providers.
3. Find out where you can get help to purchase medications and supplies.
4. Allow family and friends to help you.
5. Get to know other people who have diabetes.
6. Work on hobbies.
7. Be realistic in setting goals for diet and exercise.
8. Allow yourself enough time to accomplish health and wellness goals.
9. Get help from your care providers to help you cope with emotions resulting from being judged for having diabetes.⁴

For tips on how to cope with diabetic stress please click on the following link

www.cdc.gov/diabetes/managing/diabetes-distress/ten-tips-coping-diabetes-distress.html

IV. When should you seek help for dealing with stress and emotional problems³:

You should seek help if you have one or more of the following symptoms (that is severe or concerning) for 2 weeks or more:

- Having trouble sleeping.
- Have no appetite or experiencing unplanned weight loss.
- Eating too much or gaining weight that you did not plan.
- No interest in getting out of bed in the mornings due to problems with your mood.
- Having trouble concentrating.
- No longer enjoy doing things you love.
- Unable to complete the tasks and activities you usually do.
- Consistently feeling irritable, frustrated or restless.

Seek help now if you think you have depression. Call and schedule an appointment with your care provider. Early intervention will improve the quality of your life and your ability to manage your diabetes.

Depression can lead to suicide. If you are having thoughts of suicide call or text, the 988 suicide and crisis lifeline at 988 or chat at 988lifeline.org

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