

STAYING HEALTHY WITH TYPE 2 DIABETES

Mental Health

Over time, managing diabetes (checking blood sugar, taking medication, watching what you eat, and fitting in exercise) may become stressful, especially on top of everything else in your daily life. You're not alone if you feel frustrated, overwhelmed, or burned out. It's completely understandable. However, it's important to seek support when you start to feel this way. The effects of depression and anxiety can make diabetes harder to control.

How to manage or prevent complications



Know the signs

Signs of stress, depression, and anxiety:

- Loss of interest in normal activities
- Feeling sad or hopeless
- Unexplained physical problems (back pain or headaches)
- Eating too much or too little
- Worrying all the time
- Trouble concentrating
- Sleeping too much or too little



Take small steps

When you start to feel overwhelmed, stressed, or anxious, it can be hard to know how to get back on track. Instead of trying to tackle everything, try breaking it down and picking one thing you want to work on.



Manage your expectations

Your blood sugar may go up and down, but remember that perfection is not the goal. Make little changes slowly and know that any progress toward a goal is success.



Seek support and help

Know you're not alone in managing your diabetes and your mental health. Reach out to friends, family, or your health care team and let them know how they can support you.

TIP: Get support at Kaiser Permanente!

Support groups, therapists, and the rest of your health care team are here for you.

Phone: Call the Kaiser Permanente Behavioral Health Care Member Help Line at **1-800-900-3277** for help 24 hours, 7 days a week.

Online: For more information about depression, visit findyourwords.org.

Your local Center for Healthy Living offers many convenient programs, both in person and by phone, that can support you in managing your diabetes, reducing stress, and more. For details, visit kp.org/centerforhealthyliving.

When to talk to your health care team

If you're feeling any symptoms of depression or anxiety, talk to your health care team right away. You have many support and resource options, and you are not alone.