## Burnout



Talking about how you feel can really help. Sharing how you feel with friends or family can help ease the load and they can also support you through it.



Talking to other people with diabetes can also help. They know what it's like to live with and can give you useful tips and support.

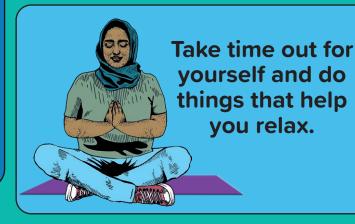
Blood glucose levels are only a number. They don't reflect who you are or the amount of effort you put into managing your diabetes.

if you feel like this.



Use words like 'high' or 'low' when talking about blood glucose levels rather than 'good' or 'bad'.

Be kind to yourself!



Ask your Diabetes Team for help if you are feeling burnout.



