



Diabetes affects your whole life—not just your body. It can affect your feelings about yourself and how you get along with others. An important step in learning to live with diabetes is to become aware of how you are feeling.

## How did you feel when you found out you had diabetes?

Each person has different feelings about having diabetes. Some common feelings are:

- **Denial** - Some people find it hard to believe they have diabetes. They may also think that by ignoring diabetes they won't have to deal with it or it will go away (but it won't).
- **Anger** - When people feel angry about having diabetes, they may wonder, "Why me"? They may act angry at family, friends or health care professionals. In fact, they are angry about having diabetes.
- **Depression** - Some people keep their feelings about diabetes bottled up inside. As time goes on, they begin to feel very sad and blue—even hopeless. If you feel depressed, tell your health care provider. There are treatments for depression that are very effective.
- **Acceptance** - Gradually people adjust or adapt to having diabetes. They still don't like it, but they are able to handle it and enjoy life.

Many people find that it helps to talk about their feelings. Family and friends can help by listening. Most of the time, other people want to help. It's up to you to let them know the best way they can be helpful. Many areas have support groups especially for people with diabetes and their families. These are groups of people who talk about what it's like to have diabetes and ways to handle problems. Ask your doctor, nurse or dietitian for help finding support groups in your area. "Feelings about Diabetes"

Adapted from the Michigan Diabetes Research and Training Center, 2009

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