

MIND OVER MATTERS

TYPE 1 DIABETES AND MENTAL HEALTH




WHO AM I?

A SUPERCOOL DIABETIC PSYCHOLOGIST!

MA in Applied Psychology- Specialization in Counselling

Psychology from Tata Institute of Social Sciences, Mumbai

- **Living with Type 1 Diabetes since past 21 years :D**
- **Counselling people living with T1D since last 1 year professionally.**
- **Also, the Head of Punjab Chapter for  D1ABESTIES**
BE TYPE 1 OF A KIND
- (Absolutely love my job! <3)
- **Fav Hypo Treats: Boondi waale Laddoo & Milk Cake :P**



WHAT IS MENTAL HEALTH?

Mental health includes our **emotional, psychological,** and **social well-being.**

It affects how we **think, feel, and act.** It also helps determine how we handle stress, relate to others, and make choices.

Mental health is **important at every stage of life,** from childhood and adolescence through adulthood.

WHY IS IT IMPORTANT TO TALK ABOUT
DIABETES AND MENTAL HEALTH?

BECAUSE STRESS EFFECTS MY BLOOD SUGAR LEVELS!

AND OFCOURSE THERE'S MORE TO IT...

When the **body is under stress**, the adrenal glands trigger the release of glucose stored in various organs, which often **leads to elevated levels of glucose** in the bloodstream.

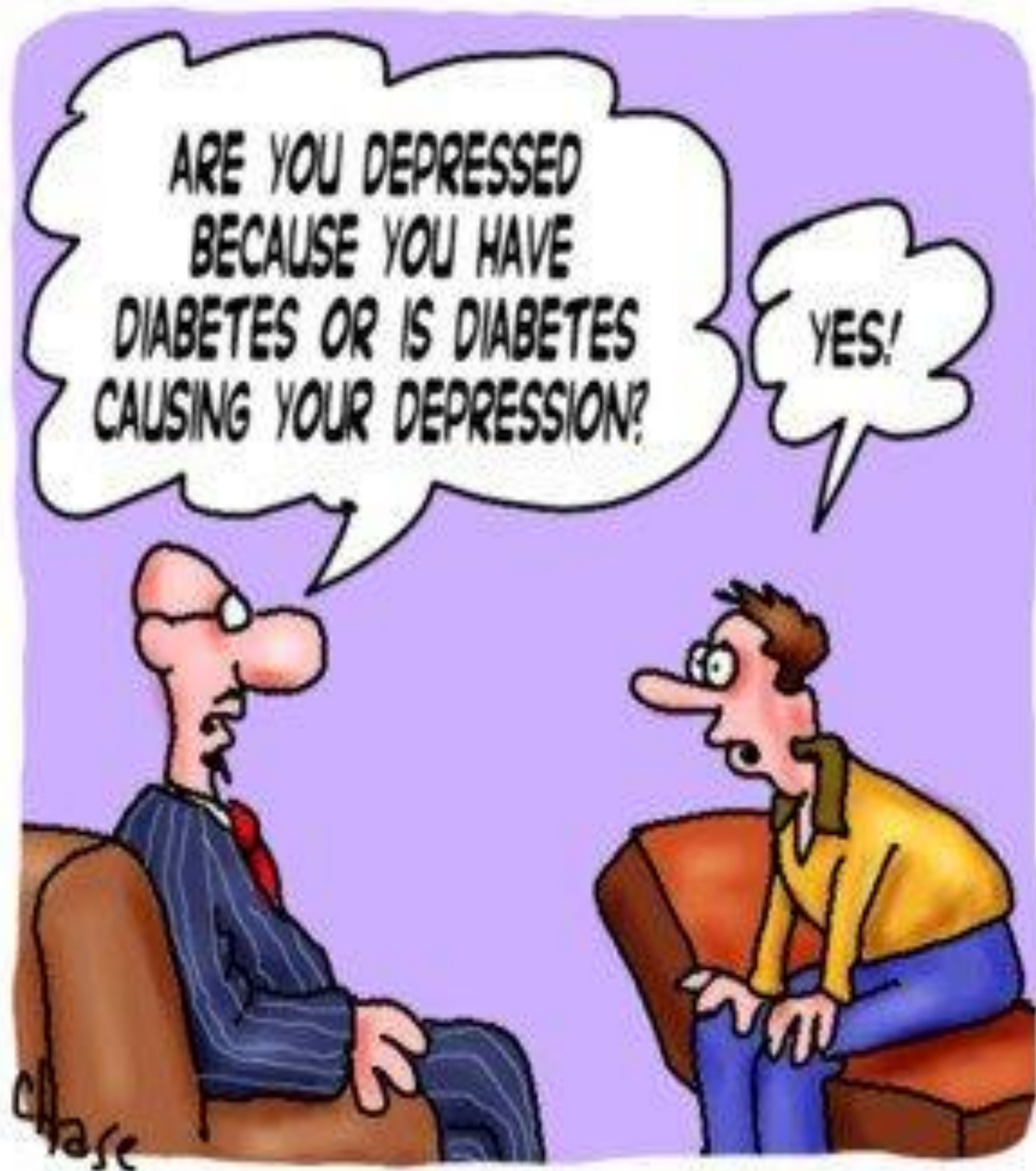
Stress hormones causes **Insulin Resistance**.

Effect of long stress on blood glucose levels

It is important to be **aware that repeated episodes of stress can cause serious changes in blood sugar levels**, making it harder for PWDs to manage their condition and increasing the risk of **hypoglycaemia** (low blood sugar).

Constant stress will also cause adrenal fatigue leading to adrenal failure, which is why it is vital to remove stress from your life, especially if you are living with diabetes.

Stress is just not emotional- it can be physical, nutritional and chemical.



People living with type 1 diabetes have a higher risk in developing depression, diabetes distress, anxiety and eating disorders

Your Mental Health is as important as your Physical Health in maintaining a good Diabetes Care Management System!

PEOPLE WITH DIABETES EXPERIENCE HIGHER RATES OF MENTAL HEALTH ISSUES

Increased symptoms of Depression affect **one in four adults living with diabetes**.¹

18- 45% adults ² living with Type 1 diabetes exhibit **Diabetes Distress**.

Adults living with Type 1 diabetes have been found to have **elevated rates of anxiety symptoms** and conditions including **Generalized Anxiety Disorder (GAD)** and anxiety symptoms that are specific to experience of people living with diabetes or diabetes complications such as **fear of needles, fear of hypoglycaemia**.³

DIABETES CAN HAVE A GREATER IMPACT ON YOUNG PEOPLE

27% of teenagers with Type 1 diabetes exhibited moderate to high risk of **developing depression** and **8%** have had **thoughts of self-harm**.⁴

Depression in children and adolescents with type 1 diabetes has been associated with negative diabetes-related health outcomes such as **poorer glycaemic control** and **recurrent diabetic ketoacidosis (DKA) admissions**.⁵

DIABETES CAN LEAD TO DISORDERED EATING

Rates of **disordered eating behaviours** are as high as **51.8% in women** with Type 1 diabetes.⁶

Those with Type 1 diabetes are at an **elevated risk of developing a psychiatric eating disorder** with **6.4%** affected by **bulimia, binge eating and anorexia**.⁷

HOW TYPE 1 DIABETES AFFECTS YOUR MENTAL HEALTH

Anger

Angry about having to deal with diabetes daily.
The goal is to maintain healthy blood sugar levels and a lot more everyday.
This can be a challenge that makes people feel “angry at the disease” and the steps it takes to treat it.

Frustration

Frustrated about the diagnosis.
Frustrated about dealing with it everyday.
Frustrated about pricking yourself multiple times.
Frustrated about not able to eat as flexibly as you used to.

Denial

“It is all in my head.”
“I am perfectly fine.”
“It never happened to me.”

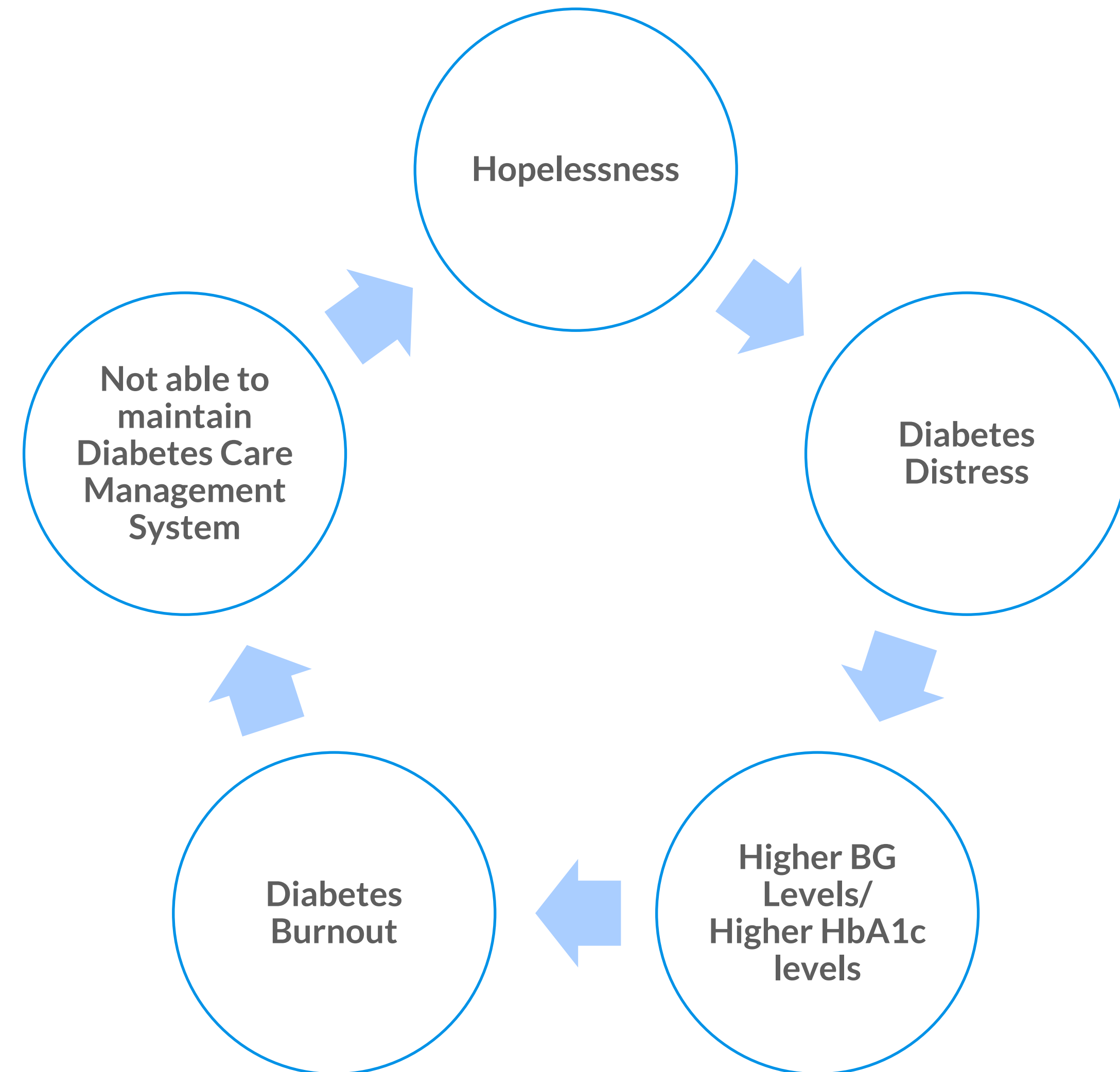
Fear

Fear occurs when contemplating the present and future management of Diabetes.
Diabetes is a serious condition that requires regular management, therefore fear is a natural response.

Depression

“I can’t do it anymore. I am done.”
Diabetes Burnout

DIABETES DISTRESS & DIABETES BURNOUT



Diabetes distress (also known as diabetes-specific distress or diabetes-related distress) is the emotional response to living with diabetes, the burden of relentless daily self-management and (the prospect of) its long-term complications. It can also arise from the social impact of diabetes (e.g. stigma, discrimination, or dealing with other people's unhelpful reactions or their lack of understanding) and the financial implications (e.g. insurance and treatment costs) of the condition.

Diabetes burnout is a state of physical or emotional exhaustion caused by the continuous distress of diabetes (and efforts to self manage it). Typically, the individual feels that despite their best efforts, their blood glucose levels are unpredictable and disappointing.

SIGNS OF DISTRESS & BURNOUT

How does it affect your Diabetes Care Management System?

Diabetes Distress

Sub-optimal self-management (e.g. reduced physical activity, less healthy eating, not taking medication as recommended, and less frequent self-monitoring of blood glucose)

Elevated HbA1c

More frequent severe hypoglycaemia

Diabetes Burnout

Disengagement from self-care tasks (e.g. skipping insulin doses/tablets, or not monitoring blood glucose)

Unhealthy or uncontrolled eating

Risk-taking behaviours

Non-attendance at clinic consultations.

Feeling alone and isolated

SIGNS OF DEPRESSION & ANXIETY

Prolonged distress or burnout can start evolving into depression.

Depression	Anxiety
Loss of pleasure	Restlessness or Feeling on the edge
Change in sleep pattern	Difficulty concentrating
Change in appetite	Irritability
Trouble Concentrating	Muscle Tension
Loss of Energy	Problem with sleep
Nervousness	Being easily fatigued
Morning Sadness	

If you have three or more of these symptoms, or if you have just one or two but have been feeling bad for two weeks or more, it's time to get help.

IS IT PANIC ATTACK OR HYPOGLYCAEMIA?

SIGNS OF PANIC ATTACK V/S HYPOGLYCAEMIA

Panic Attack	Hypoglycaemia
Sensation of shortness of breath, smothering or choking	Rapid heartbeat
Palpitations (pounding or racing heart)	Blurry vision
Sweating	Unexplained fatigue
Trembling or Shaking	Pale skin
Feeling like you're having a heart attack or dying	Headache
Feeling of impending doom	Hunger
Nausea	Dizziness/ Losing consciousness, seizure, Hypoglycaemic coma

Panic attacks are intense and short-lived — they usually last between 15 and 20 minutes. They aren't triggered by a specific thought or event, but occur seemingly out of the blue. Some people who experience panic attacks never know where they come from. Past research has linked panic episodes to specific situations like **higher A1C levels, increased diabetes complications, and disability**.

IS BURNOUT ONLY LIMITED TO PEOPLE
LIVING WITH DIABETES?

No.
OUR CAREGIVERS GET BURNOUT AS WELL!

CAREGIVER BURNOUT

Common Signs

- Exhaustion
- Irritability
- Social Isolation
- Feeling of Hopelessness
- Anxiety
- Depression

Causes

Lack of Control: Diabetes is highly dynamic. Each day looks different. The constant assessment and evaluation of child's sugars, diet and everything else can be A LOT to take in.

Lack of Sleep: Constantly worrying and getting up at night to see how your child's sugar are trending, Constantly losing sleep with the preoccupation that if they go to an extreme low and you do not hear the alarm (if you use the CGM), something will happen. Then the guilt comes in because there is a feeling that you failed. Always feeling on edge, fearing the worst.

How long does it last?

Every person is different. Some people manage to bounce back better than others. The most important thing here is to find and get help as soon as possible.

HOW DO I TAKE CARE OF MY MENTAL
HEALTH?

(CELEBRATE YOUR DIABETES VICTORIES!

Everyday is different when it comes to diabetes. Some days will have highly controlled, perfect time- in range BGs and some won't. And **it's completely OKAY!**

Become your biggest cheerleader and **celebrate the small victories.**

Running after perfection might **impact your mental health negatively** and cause frustration.

At the end of the day, **remind yourself that it's the best you could have done today** and tomorrow's always a new day.

You are **NOT a failure** if you couldn't achieve your daily goals.

Find more cheerleaders in your squad to celebrate with!

LEARN TO RECOGNIZE SIGNS OF DIABETES DISTRESS & BURNOUT

ALSO FIND WAYS TO HELP YOURSELF!

Learn about the symptoms.

Uncontrolled levels can take a major toll on your mental as well as physical health.

DON'T BE AFRAID TO ASK FOR HELP! Reach out!

Go to therapy (if needed)

BUILD YOUR VILLAGE!

HOW TO (RE)CREATE YOUR EMOTIONAL SUPPORT TEAM

Define your boundaries: Family and friends would wish to help you but you need to specify when, where and how would you want to be helped. Know who is supportive and who triggers you.

Find an **ever-awesome group of people living with T1D!**

Having a **good relationship** with your doctors and diabetes educator can be a blessing.

PREPAREDNESS IS THE KEY!

BEING PREPARED CAN REDUCE ANXIETY, STRESS AND DIABETES DRAMA (OF COURSE!)

Set time **each month to check your supplies**. Don't wait till they are out.
Set reminder in advance.

Keep extra supplies **EVERYWHERE!** (Insulin pen, syringes, pump supplies, test strips, hypo treats.)

ALWAYS, ALWAYS keep backups! (It will keep you safe and sane.)

IT'S OKAY TO TAKE A BREAK!

(ONCE IN A WHILE)

Diabetes IS taxing! It doesn't leave you alone; doesn't go on a vacation... sigh!

So, **it's okay to take a break** once in a while.

- **Switch from pump to pens** (DON'T STOP TAKING INSULIN AT ANY COST)
- **Decreasing frequency of monitoring BGL** (from 5-6 times to 2-3 times)
- **Having a cheat meal** (but taking appropriate bolus for it)

DO WHAT MAKES YOU HAPPY!

THAT'S SELF-CARE 101 (HONESTLY!)

Anything you like, literally anything, that keeps you **sane, happy, at peace-do it!**

Paint, do gardening, dance, doodle, sing, cook, meditate, take a long shower- at least **keep 45 minutes- 1 hour for yourself everyday**; for your self-care.

That's all you need to do to remind yourself that **YOU ARE YOUR FAVOURITE!**

STRESS MANAGEMENT TOOLS

Progressive Relaxation

Meditation or Guided Imagery

Yoga

Breathing Exercises (deep, belly breathing/ Pranayama)

Being in nature

Physical Activity (Dancing, Gyming, Running, Walking)

Catharsis (Gibberish, Pillow fight)

Journaling

GRATITUDE

Diabetes looks differently for everyone. Some stuff works for one which might not work for someone else.

Gratitude on the other hand works for all of us.

In the chaos of our diabetes world, just being grateful, may it be during good or bad times can take us a long way.

Be grateful for **what we DO have in our life** and **in diabetes**. It does wonders for your mental health.

IS THIS ALL DEEKSHA WANTED US TO KNOW?

NO. WE NEED TO GIVE SELF CARE TIPS TO OUR CAREGIVERS AS WELL!

SELF-CARE TIPS FOR CAREGIVERS

Find someone you trust to **talk to about your feelings** and frustrations.

Find **a local community group** where there are other parents going through your same journey.

Don't forget about yourself because you're too busy caring for someone else. Set aside time for yourself, even if it's just an hour or two. Remember, taking care of yourself is not a luxury, it is an absolute necessity if you're going to be an effective caregiver.

Talk to a professional.

Know your limits and do a reality check of your personal situation. Recognize and accept your potential for caregiver burnout.

Learn as much as you can about your child's Diabetes. The more you understand it, the more confident you will feel in managing it.

Develop new coping skills to deal with stress. Remember to lighten up and accentuate the positive. Use humor to help deal with everyday stresses. Watch a funny movie if need to.

Stay healthy by eating right and getting plenty of exercise and sleep.

Accept your feelings. Having negative feelings, such as frustration, sadness, tension, stress or anger, about your responsibilities as a parent of a child with diabetes normal. It does not mean you are a bad parent.

If someone offers to help, accept it.

WE HAVE SOMETHING EXCITING FOR YOU!

BACK TO BASICS

One on One sessions for T1D
Education. Counselling. Support.

To schedule a session with
our team:
Whatsapp 'B2B' to
9157721309 or 9726322017



QUESTIONS?

THANK YOU!!

Always be **Type 1** of a kind!