



## **T1ToGo Tool: Type 1 Diabetes Burnout**

### **Symptoms of Diabetes Burnout**

- ☐ Irritability
- ☐ Exhaustion
- ☐ Feeling alone
- ☐ Feeling overwhelmed
- ☐ Having a pessimistic outlook
- ☐ Being in a down mood
- ☐ Feeling like a diabetes “failure”
- ☐ Losing motivation
- ☐ Giving up
- ☐ Conflicting over diabetes management
- ☐ Argumentative of diabetes

**\*The ADA’s Diabetes Standard of Care includes recommendations for psychological support. Seek professional support through your care team when Burnout symptoms exist. Proper tools & resources are available to assist with the mental impact of diabetes management.**



**T1TG Tool: “Diabetes Burnout”** available @ [www.Type1ToGo.com](http://www.Type1ToGo.com)

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Always consult your doctor for medical advice.

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