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

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