

DIABETES

Healthy Coping

If you are depressed, you may:



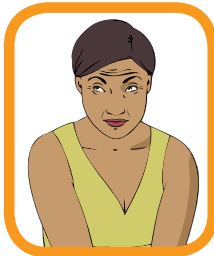
feel sad most of the time



feel nervous



sleep too little or too much



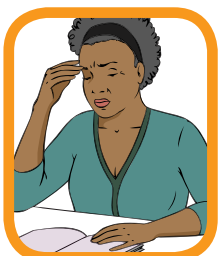
feel guilty



eat too little or too much



have no energy



have trouble concentrating



Although everyone feels sad or down from time to time, people who have diabetes are more likely to also be depressed.

What you can do



Talk to your doctor and other members of your health care team

If you have symptoms of depression, don't wait too long to get help.

Healthy Coping

Coping is how you deal with your problems.



What you can do:

1. Connect with others.

Coping with diabetes is easier if you have a support network. Beyond your family members and health care providers, you can gain support from other people who understand the unique challenges and emotions you're experiencing. Ask your health care team about diabetes support groups in your area.

2. Ask for help if you feel down.

A mental health provider, support group, clergy member, friend, or family member who will listen to your concerns may help you feel better.

3. Ask your health care team if you need help coping.

Provided as an educational resource by Merck



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DIABETES HEALTH AND WELLNESS INSTITUTE
AT JUANITA J. CRAFT RECREATION CENTER

21003242(4)-05/10-SGR