

# 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.**



**Talk with your health care provider about ways to cope with problems.**

# DIABETES

## Healthy coping



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

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

### If you are depressed, you may



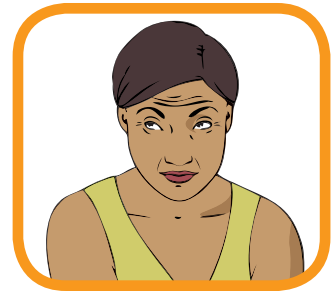
**feel sad most of the time**



**feel nervous**



**sleep too little or too much**



**feel guilty**



**eat too little or too much**



**have no energy**



**have trouble concentrating**

