



Lisa Meyers, MSW, CDE
Barbara Davis Center for Diabetes



Jenna Eisenberg, MS, LMFT
Denver Diabetes Counseling




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EMPOWERING PATIENTS
FOR
INDIVIDUALIZED CARE



**EMOTIONAL AND MENTAL HEALTH
WITH DIABETES**

PRESENTED BY LISA MEYERS, MSW, CDE
BARBARA DAVIS CENTER FOR DIABETES -
ADULT CLINIC

AND

JENNA EISENBERG, MS, LMFT
DENVER DIABETES COUNSELING




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**DOES DIABETES AFFECT YOUR EMOTIONS?
DO YOUR EMOTIONS AFFECT YOUR DIABETES?**

YES!!





Who else feels this sometimes?




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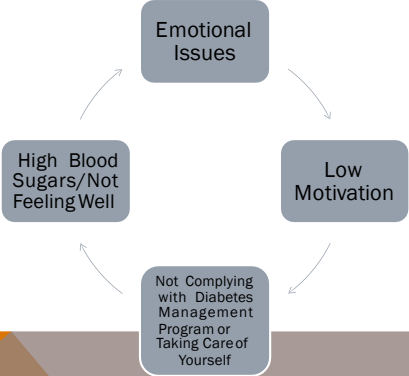


MEET SAMMY...

Sammy is a 34-year-old male, his most recent A1c was 10.9. Lately, his glucose levels have run between 200-400 and he acknowledges that he has not been taking his insulin or checking his blood sugar as often as he should or has in the past. During his last appointment with his Endocrinologist, he reported feeling stressed about the daily regimen of testing, dosing, monitoring his food intake, taking medications and getting in exercise. He said that all of these things, on top of a career, family and other life activities and stresses, feels like too much for him right now. During his appointment he also had a sad, flat affect, discussed feelings of hopelessness and low motivation, reported to having trouble sleeping and had gained about 10 pounds.

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Sammy and the Vicious Cycle of Diabetes

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Common Psychological Issues That Present With Diabetes:

Depression = no energy for self-care

Anxiety = extreme fear

Disordered eating/eating disorders = weight & body image




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The Emotional Side of Diabetes

Guilt = feeling at fault

Shame = reaction to judgment

Anger = resentment, others insensitivity

How have some of these issues affected you and your family?




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BURNOUT !!!!!!!

- UNMOTIVATED
- AVOIDANT
- FRUSTRATED
- ANGRY
- OVER IT



I JUST CAN'T DO THIS ANYMORE!!




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COPING SKILLS

MAKE IT EASIER BY USING STRATEGIES, TREATMENTS, & TECHNOLOGY

Take it one step at a time!

Address your sense of worry and guilt

Educate your family and friends, plan for communication

Coach family members about expectations and avoiding judgment




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...COPING

- **Counseling and education:** if everyone knows what to expect, struggles and conflicts will be easier for all
- **REALISTIC EXPECTATIONS, NOT PERFECT!**
- **Relaxation skills** to manage anxiety and other emotions.
- Develop a **healthy-habits action plan.**

What have you found works best for you to cope with diabetes?




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Group Activity:

1. How long have you or your loved one had diabetes?
2. How has having diabetes affected your life?
3. How has having diabetes affected your family and other relationships?
4. What is the most irritating thing about having diabetes or about your loved one having diabetes?
5. What has diabetes taught you about yourself or your loved one?
6. What is the most annoying question someone has asked you about diabetes?
7. What helps you stay most on track with caring for your diabetes or your loved one with diabetes?
8. How do you deal with emotions that are related to diabetes (i.e. high/low mood swings, depression about diabetes, shame or anxiety)?
9. Does diabetes prevent you or your loved one from doing anything you want to do?
10. If you could invent something that would help with diabetes treatment, what would it be?




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For more information or support, please contact:

Lisa Meyers 303-724-6732 lisa.meyers@ucdenver.edu
Jenna Eisenberg 720-420-6541 jenna@denverdiabetescounseling.com



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