

Emotional and social aspects of type 1 diabetes (T1D)

The constant attention that T1D requires can take a toll on mental health and can have a significant impact on a person's social life.



Emotional and mental health

There are no vacations or breaks from T1D, so it's important to take care of your mental health and avoid "diabetes burnout." Here are a few things you can try:

- Understand that it's okay to not be "perfect." Blood sugars will not always be in range, even when you're trying your best.
- Rather than getting angry or upset about a high or low blood sugar level, try to learn how your body reacts so you can plan ahead and make changes for next time.
- Give yourself credit for the things you are doing right.
- Take small steps to achieve your goals.
- Take time to do things you enjoy!
- Reach out to your diabetes care team, study team, T1D support groups, or a mental health professional. You are not alone!

Social life

Living with T1D is challenging for people of any age, but older teens and young adults with T1D may face a unique set of social challenges.

Moving away from home, whether to college or your own place, can be hard to begin with. A person with T1D must also learn to balance independence with T1D management, doctor appointments, keeping track of supplies, and making healthy food choices.

Consider telling people close to you (friends, roommates, teachers, coworkers) about your T1D so that they can recognize symptoms of low blood sugar levels in case of an emergency.

Having a social life and dating typically involves going out to eat or drink. You may feel self-conscious when making healthy food choices or deciding not to drink alcohol. It's your choice whether to tell someone that you have T1D, but it may put you at ease and allow you to focus on being in the moment.

Remember that while it's important for those around you to understand your T1D, T1D does not define who you are!

For more information on the FABULINUS Study, ask your study doctor.

Thank you for all your contributions to the FABULINUS Study!