

Diabetes stress: You're not alone

Your physical, emotional, and financial health are all connected.
Small steps can make a big difference.



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▷ [Watch this video for more tips](#)

What you need to know

- Living with diabetes can affect your emotions, energy, and confidence – not just your body.
- In fact, people with diabetes can make nearly 300 health-related decisions each day.
- Diabetes distress refers to the emotional and mental strain of living with diabetes. It affects more than half of people living with diabetes.
- The good news? **Diabetes distress is very responsive to support and to treatment.**
- You're not alone. Support is available, and there are steps you can take to feel better.

Where to start

FIRST STEPS

Try a few gentle reminders

- If you're feeling overwhelmed, pause for a moment and **take three slow, deep breaths.**
- Pay attention to how you talk to yourself. Are you being self-critical? Try being as **kind and compassionate** as you would be to someone you care about.
- When your thoughts feel rushed or intense, pause and ask: "Are these thoughts helpful right now?" If the answer is no, try to **gently shift focus** to something that is.
- Notice how you interpret others' **words or actions.** What feels like judgement might be a lack of understanding.
- Look for patterns in your emotions and reactions. **Self-awareness is empowering.** It can help you feel more grounded.

NEXT STEPS

Build your village

Your support team might include:

- A doctor or nurse who listens
- A mental health counsellor or therapist
- A personal coach or program facilitator
- A trusted friend or family member
- A financial professional
- Peer support groups

5 ways to foster calm & confidence

CHECKLIST

- I reached out to someone I trust today.
- I gave myself permission to rest or say "no."
- I used a free tool (like journaling or walking).
- I asked about local programs that could help with food or medication costs.
- I reminded myself: "I'm doing my best, and that's enough."

Making the connection

We connect with health professionals for physical and mental health concerns. So if you're feeling stressed about your financial health, **connecting with a financial professional** just makes sense.

More resources

- [Canadian Mental Health Association \(CMHA\)](#)
- [Here 24/7](#)
- [Diabetes Canada](#)
- [Diabetes support: Your health and financial wellness](#)
- [How a financial professional can help](#)

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