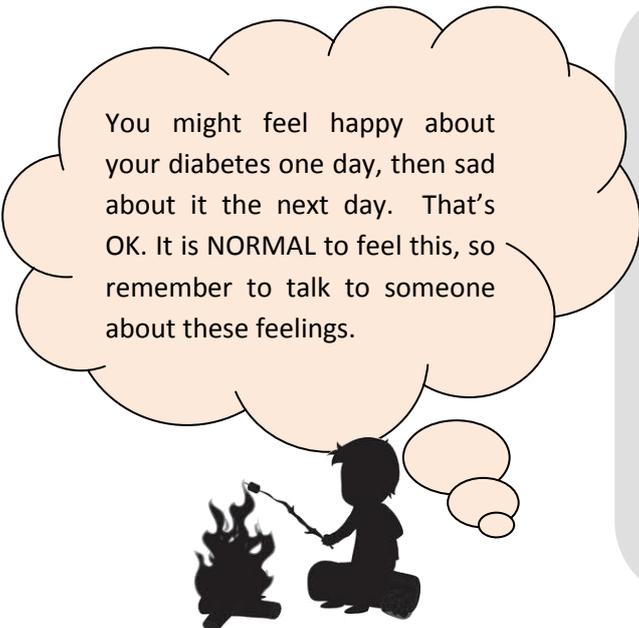




How do you feel?

All of us feel sad about things sometimes. It could be because of diabetes that makes you feel down, sad or angry.

We understand that taking injections can be painful and even make you fed up. Maybe you just want the diabetes to go away or want everybody to forget that you have this condition. You just want everyone to remember that you are normal. It is important to know that you and your parents did not do anything wrong. It is no one's fault that you have Type 1 diabetes, and you could not stop it from happening.



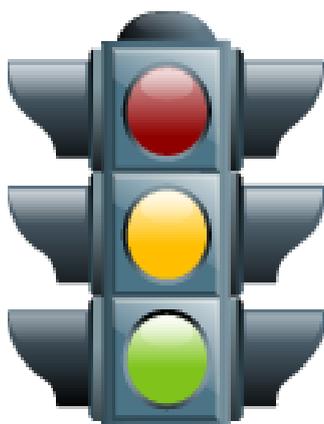
You might feel happy about your diabetes one day, then sad about it the next day. That's OK. It is NORMAL to feel this, so remember to talk to someone about these feelings.

Share Your Feelings with someone you trust...

Tell your best friend, your sibling, your mom or even your diabetes nurse educator. By sharing what you dislike about diabetes, you share an emotional burden. When people understand what you are going through, they can help you and give you advice. Other diabetic teens are especially good to talk to. You can share stories, swap tips and understand one another. It's not good to hide your diabetes from people because you can end up in embarrassing or dangerous situations.

Join the 'Youth With Diabetes YWD' Facebook group and other support groups in your area, and come to camp.

Here are some tips to help you out when you're feeling emotional, not just about your diabetes, but anything.



STOP to think what you are sad about

"Pricking my finger hurts"

"I hate taking injections"

"Everyone expects me to be responsible all the time"

THINK why it makes you feel like that

"Maybe I don't change the needle often enough"

"Perhaps I am using the same injection site too often"

"Maybe my family and friends don't understand what I have to do everyday"

GO and do something about it

"I can change my needle often so I don't have to squeeze my finger so hard"

"I can try a new injection site"

"I can ask my doctor or educator if I can have some days off, or I can ask my mom to take over for a day"