



Everyone will have different warning signs of diabetes distress and burnout. Here are some examples:

1. missing short-acting insulin a few times a week
2. missing clinic appointments
3. guessing carb content rather than accurately calculating
4. reducing blood glucose monitoring
5. having “black and white” thoughts

It can be helpful to be aware of your personal warning signs so you can take steps to help. Use this sheet to make a record of your signs.

My personal warning signs of burnout are:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_