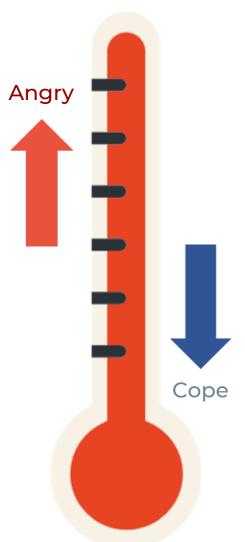
Avoiding Diabetes Burnout

- What makes you angry about your diabetes?
- E.g. Having to take 4 shots every day

## Ways to cope

 E.g. Talk to my doctor about other options for taking insulin (Using a pen, changing my regimen)



## Burn out