

How Does Stress Affect My Diabetes?

A person can become stressed from a variety of situations. When this happens, specific systems in our bodies react in a certain way:

1

Recognition of Stress

- A person determines whether a thing is a threat.

2

Fight or Flight Response

- The body goes into Fight or Flight
- This is a reaction to stress that prepares the body to fight against a potential threat or to run away and escape the stimuli.

3

Body Changes

- Heart beats harder
- Breathing becomes faster
- Hormones tell the body to release sugar for energy to address stress

4

Body Reaction

- Insulin in people with type 1 diabetes has stopped working. Therefore, the extra sugar released into the body cannot enter their cells and stays in the bloodstream.

This leads to **high blood sugar levels.**

When people with diabetes experience long periods of stress, blood sugars remain high, which in turn, causes more stress! One way to battle this cycle is to figure out healthy ways to cope with stress that work for you.