

Diabetes, COVID-19 and Depression - Let's talk

Fear, uncertainty, anxiety and depression are important issues to be addressed in the current pandemonium of COVID-19, especially for patients with Diabetes. Lets talk to overcome them.



S BALA
Bala is living with type 2 diabetes
Bengaluru, India

If you see two or more of these symptoms please be aware and ask for help



- Loss of interest and pleasure in any activity
- Disturbed sleep (Too much or too little)
- Disturbed appetite (Too much or too little)
- Feeling of guilt or low self-worth
- Poor concentration and performance
- Medically unexplained symptoms like headache, backache
- Neglecting personal hygiene
- Excessive crying / anger
- Refusal to do daily work

Few tips to overcome these challenges in the current lockdown period..!¹

- Reframe your mindset from "I am stuck inside" to "I can finally focus on my home and myself"
- Stay close to your normal routine
- Talk to your loved ones on the phone
- Try to be physically active. Do moping, dusting or simple exercises at home
- Avoid intake of alcohol or smoking and increase the intake of healthy diet
- Be grateful..! Stay optimistic, healthy and happy..!
- Use telehealth as an option to talk to a professional if your anxiety/ depression becomes unmanageable

The content is not intended to be a substitute for professional medical advice. Always seek the advice of your doctor or other qualified healthcare provider with any questions you may have regarding a medical condition or medical treatment. Changing Diabetes® and the Apis bull logo are registered trademarks of Novo Nordisk A/S

1. Adopted from recommendation from ADAA(anxiety and depression association of America), <https://adaa.org/learn-from-us/from-the-experts/blog-posts/consumer/covid-19-lockdown-guide-how-manage-anxiety-and>.