

A group of young people are walking across a large log on a rocky beach. The log is positioned horizontally across the frame, and the group is moving from left to right. The background shows a large body of water and a hazy sky. The overall mood is casual and active.

JDRF typeone nation

SOCIAL/EMOTIONAL ASPECTS OF T1D

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T1D: The Diagnosis

- Common emotions involved after diagnosis
 - The stages of adjustment.
 - Deciding if talking to a professional is right for you.
- Learning all about it
 - It's normal to feel overwhelmed-it's a lot of information!
 - Patience-you will get it:)
 - Seek trusted sources of information.
- Adjusting to the “new normal” of life
 - Change is ok.
 - Everybody adjusts.



Common experiences of people with T1D

■ Social Issues:

- Who should I tell?
- Do I test/inject in front of others?
- Sometimes I am embarrassed.
- Changes with the phases of life.
- Benefits of diabetes camps.
- Advocating for yourself.

■ Emotional Issues:

- Let's face it, there can be struggles.
- Staying motivated!
- We are different from our peers, in many good ways.
- Dealing with our perfectionism.
- Seeking professional assistance.
- Utilizing support groups.

One of our biggest challenges: Independence

- Adolescence to adulthood.
- Common struggles are amplified.
- Parents-encouraging and letting go.
- Kids-gracefully taking the reigns.



Tips on:

- Those who challenge us.
 - The food police.
 - The unaware of diabetes etiquette.
 - Parents.
 - Friends.
 - Our medical team.
- Those who help us.
 - Parents.
 - Friends.
 - Our medical team.
- Ourselves.
 - Communicate .
 - Educate ourselves.
 - The gift of humor.

Living a beautiful life with T1D



- Learn to manage stress.
 - Positive self esteem.
 - Maintain an internal locus of control.
 - The connection of spirituality and health.
 - Finding the silver lining.
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