



Psychosocial Aspects of T1D for Adults

Tonja Horn, MSW, LCSW

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Overview

Introduction: Welcome

Anxiety & T1D: Common Symptoms, Strategies & Tips

Depression & T1D: Common Symptoms, Strategies & Tips

Eating Disorders & T1D: Symptoms & Resources

Caregiver Burnout: Symptoms & Resources

Self Care & T1D: Importance and Practical Strategies

Conclusion: Hope and Encouragement

Q & A

To Realize Heath, We Let Go

What Can You Let Go?



Impact of Anxiety for T1D's

T1D's 20% more likely to experience Anxiety than general population

**Anxiety related to poor self management styles:
Overfunctioning or Underfunctioning**

Associated with higher HbA1c when one under-functions and decreases quality of life

Anxiety & T1D: Common Signs

Overwhelmed, Tense, Irritable, Worry, Dread,
Panic, GI Issues, Headaches, Rapid Heart
Rate, Shallow Breathing, Insomnia,
Compulsive Diabetes Behaviors or Decrease
in Diabetes Management.



Reasons for Increased Risk of Anxiety for T1D's

Diabetes Management requires constant planning and checking, i.e., forward thinking

“What If” thoughts lead to worry, excessive worry leads to fear and anxiety

Constant monitoring of numbers may lead to rituals and obsessive behaviors to “relieve” fear

Anxiety and the Overfunctioner

Anxiety: Overfunctioning

Perfectionism:

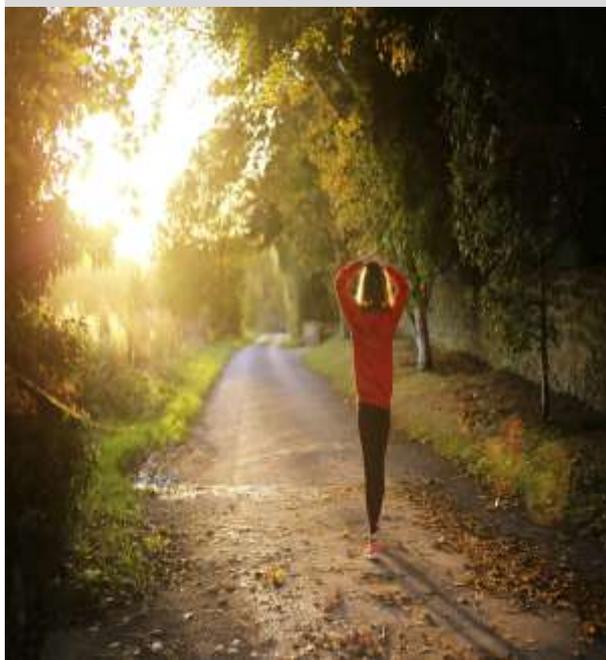
- Excessively Check BG's
- Placing moral value on food as “good” or “bad”
- Compulsively monitoring diabetes numbers
- Over-exercising
- Scrutinizing Data
- Judging Self for Highs and Lows
- Placing Self Worth on Diabetes Numbers: BG's, A1C's, Carbs, Weight, etc.

Strategies To Address Anxiety Overfunctioning

Determine Perfectionism & Fear Connection, we try to perfect to relieve feelings of fear.

Process over Outcome: Shift to present moment: Mindfulness Practice and 4-7-8 Deep Breathing. One Step at a time. Let Go!

Accomplishment vs Failure: Detangle Self Worth from your Diabetes Numbers.



You are Worthy and Valuable. Your BG, A1C, Carbs, Weight, etc., do not determine your worth and value as a human!



Diabetes Distress: Anxiety and the Underfunctioner

Underfunctioning

- **Overwhelmed / Fearful:**
 - Stop Checking BG's
 - Keep BG's High due to hypo fear
 - Stop exercising due to fear of low BG
 - Miss Diabetes appointments due to fear
 - Feeling guilty for poor diabetes management
 - Judging Self for Highs and Lows
 - Placing Self Worth on Diabetes Numbers:
BG's, A1C's, Carbs, Weight, etc.
- Anxiety Underfunctioning may be misdiagnosed as Depression.

Strategies To Address Anxiety Underfunctioning

Identify Obstacles & Fears: What Thought Patterns are keeping you stuck?

Bring Awareness to Fear Thoughts and shift back into Present Moment through Mindfulness Practice and 4-7-8 Deep Breathing Exercise. One Step at a Time.

Let Go: What Can You Let Go To Realize Health?



Depression and T1D

**2X - 3X More Likely
to Experience
Depression than
General Population**

**Direct Correlation
between
Depression and
Diabetes Self
Management**

**Poor T1D Control
and Depression:
Direct Link:
Extended
Hyperglycemia
creates 4.6X
Greater Risk ***

Depression and T1D: Signs and Symptoms

Sadness, Isolation, Fatigue, Increase or Decrease in Appetite, Stopping or Decreasing T1D Management, Insomnia, Poor Concentration, Feelings of Worthlessness, Irritability, BG Instability, Thoughts of Suicide.



Depression & T1D

Impact of Depression on T1D

- **Decrease or Stop Management:**
 - Decrease or Stop Checking Blood Glucose
 - Decrease or Stop Exercising
 - Skip Diabetes appointments
 - Change in Appetite Impacts BG Rollercoaster
 - BG's become unstable leading to more depressive symptoms: Low Energy, Irritability, Poor Concentration, Insomnia.
 - Feeling hopeless about Diabetes Control
- **Depressive Thoughts keep us stuck.**

Strategies to Address T1D Depression

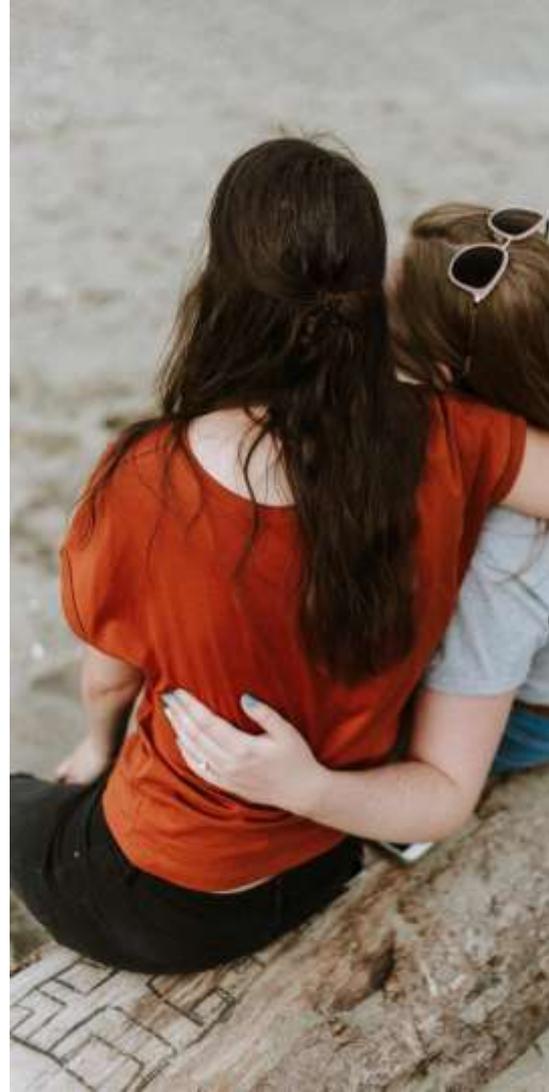
Connect with others to Decrease Isolation

Allow yourself to grieve, feel what you feel

Intentionally Practice Gratitude

Take One Step at a Time with Management

Let Go: What Internal Dialogue Story can you let go?



T1D and Eating Disorders

**Estimated
4 out of 10 T1D
Women
&
1 out of 10 T1D
Men**

**Diabulimia Danger:
Repeated DKA
Hospitalizations &
Life Threatening
Consequences**

**Anorexia and
Bulimia directly
impact Diabetes
Management
leading to frequent
high and lows
mentally and
physically**

Eating Disorders & T1D Concerns: ED-DMT1

Common Signs & Symptoms

- **Diabulimia: Insulin manipulation to lose weight**
 - Secrecy about management
 - Avoid Eating around others
 - Overly strict food rules
 - Extreme Concerns about Weight & Body Image
 - Repeated DKA, Unexplained Weight Loss, Unexplained high A1C, Chronic Bladder and Yeast Infections, Infrequently filled prescriptions
- **Anorexia: Extreme Food Restriction / Excessive Exercising**
 - Extreme Preoccupation with weight, body image, calories
 - Avoid eating around others
 - Extreme Calorie Restriction may mimic Diabetes Symptoms: Fatigue, Dry Skin, Dizziness, Poor Wound Healing
 - Calorie Restriction or Excessive Exercise - Unstable BG Control
- **Bulimia: Binge/Purge Cycle - Excessive Exercise or Fasting**
 - Eating Large amounts of foods then purging to avoid High BGs or weight gain
 - May Fast and then Binge or Excessively Exercise
 - BG Instability due to unstable eating, fasting or exercising
 - Important to note, weight may be within normal

Recovery is Possible & We Need a Team to Heal

Diabulimia Helpline: www.diabulimiahelpline.org

We are Diabetes: www.wearediabetes.org

The National Eating Disorders Association:
www.nationaleatingdisorders.org/diabulimia-5

Resources: Eating Disorders & T1D

Caregivers: Support Resources

Caregiver Burnout

Caregiver Burnout: The physical, emotional and mental exhaustion that can go along with caring for someone with significant health needs.

Common Signs of Caregiver Burnout

- Exhaustion
- Irritability
- Social Isolation
- Feeling Depressed
- Feeling Anxious
- You get sick more often than usual

Self-Care & Connection are Crucial

- Follow Self Care Tips in upcoming slides
- Seek Support with a Therapist familiar with T1D and/or Support Groups for T1D Caregivers

Self Care Tips:

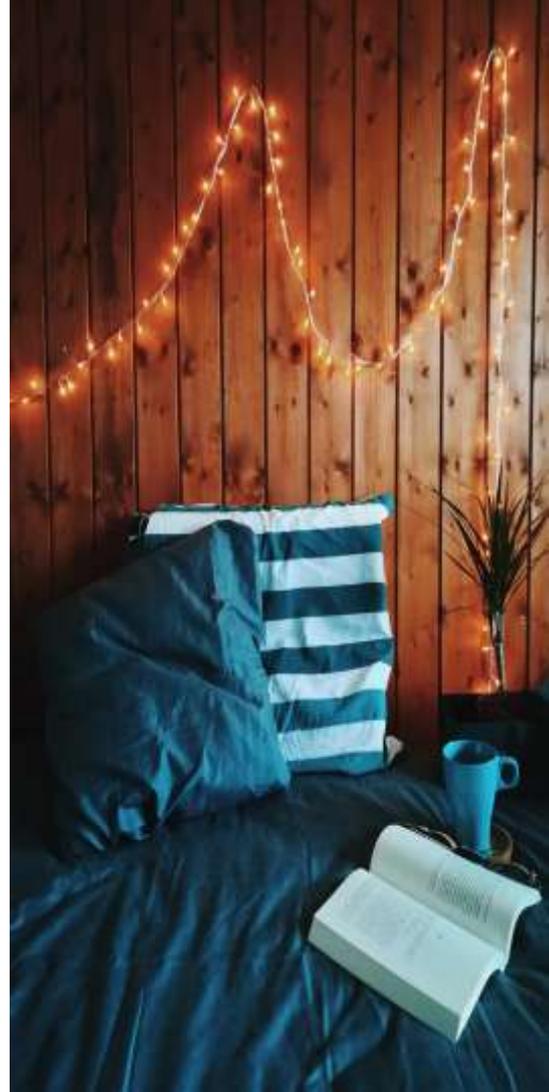
Crucial for Well-Being

4 Focal Points of Well-Being:

- **Physical Health**
- **Mental / Emotional**
- **Creativity / Fun**
- **Spiritual / Purpose**

Self Care does not have to be time consuming or expensive, and the rewards are unmistakable!

Self Care can be anything that resonates with you. Do you need Relaxation, Stimulation or just more Fun in your life?!?!



Well-Being Focal Points

- **Physical Health**
 - **Mental / Emotional**
 - **Creativity / Fun**
 - **Spiritual / Purpose**
-

Physical:

- Significantly Reduces Risk of Mood Disorders
- T1D Management
- Exercise/Movement
- Sleep
- Nutrition

Mental/Emotional:

- Enables us to Function and meet Demands of Everyday life and Recover from Distress
- Mind has Profound Effect on Physical State
- Meditation / Deep Breathing

Creativity/Fun:

- Releases Dopamine- Natural Antidepressant
- Studies find increases overall well-being

Spiritual/Purpose:

- Studies find Reduces Depression/Anxiety
- Helps us find Meaning in Life and Enhances Mood

Self Care Ideas:

- Take a walk, exercise or do a physical activity you enjoy.
- Spend time with family & friends: foster positive relationships.
- Make time for intimacy.
- Spend time on an activity or hobby you enjoy.
- Read a book for fun.
- Take a warm bath to relax and relieve stress.
- Join a group or visit your local synagogue, church, mosque, gym or community center to fill your mind-body-spirit.
- Focus on your Senses: **Sight**- Look at beautiful things around you. **Sound**- Listen to music that feels good. **Smell**- Diffuse Essential Oils. **Taste**- Mindfully enjoy a cup of tea or coffee. **Feel**- Wear or cozy up with your favorite texture.
- Take deep breaths often throughout day.
- Unplug Tech: Airplane Mode & Deactivate social media for a while.
- Meditate - Incredibly beneficial to overall well being!
- Sit outside for a few minutes to soak up sunshine and fresh air.
- Garden or grow beautiful indoor plants.
- Intentionally find 5 beautiful or funny things each day that make you smile.
- Dim the lights, light a candle, listen to relaxing music and do nothing!
- Meet with a therapist specializing in T1D to discuss challenges and problem solve.

**Self Care:
When We Care
for Ourselves,
Our T1D
Benefits, We
Benefit and Our
Loved Ones
Benefit!**

APPENDIX & RESOURCES

Appendix & Resources

*Depression symptoms in type 1 diabetes linked to extended hyperglycemia, brain lesions. Nunley KA, et al. Diabet Med. 2018; doi:10.1111/dme.13879

<http://www.diabetesforecast.org/2018/06-nov-dec/mindfulness-techniques-can.html>

RESOURCES:

4-7-8 Breathing: Dr. Andrew Weil

<https://www.drweil.com/videos-features/videos/the-4-7-8-breath-health-benefits-demonstration/>

Meditation Apps:

Sam Harris: <https://wakingup.com/>

Calm: <https://www.calm.com/>

Insight Timer: <https://insighttimer.com/>

Eating Disorder Resources:

Diabulimia Helpline: www.diabulimiahelpline.org

We are Diabetes: www.wearediabetes.org

The National Eating Disorders Association:

www.nationaleatingdisorders.org/diabulimia-5

APPENDIX & RESOURCES

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THANK YOU

Tonja Horn, MSW, LCSW

Founder and Therapist TRH Counseling Services

thornlcsw@gmail.com | 708-303-8516 |

www.trhcounseling.com