

Emotions, Stress and Blood Sugar

Stress and emotions aren't just in your head—they impact your physical body and your blood sugar.

The Stress Connection

- **The Spike:** When you are stressed, anxious, or angry, your body releases stress hormones of cortisol and adrenaline.
- **Result:** These hormones signal your liver to release stored glucose into your blood, causing your numbers to spike even if you haven't eaten.

Diabetes Burnout

Managing diabetes 24/7 is exhausting. Watch for these emotional red flags:

- Feeling overwhelmed or defeated by your numbers.
- Feeling isolated, alone, or misunderstood by friends and family.
- Skipping finger sticks, avoiding your CGM data, or neglecting appointments.

Ways to Reset

When stress hits or numbers frustrate you, use these quick tools to clear the adrenaline:

1. **The 4-7-8 Breath:** Inhale through your nose for 4 seconds, hold for 7 seconds, exhale slowly for 8 seconds. This instantly calms the nervous system.
2. **A 10-Minute Walk:** Gentle movement burns off excess cortisol and naturally pulls down stress-induced high blood sugars.
3. **Brain Dump:** Write down everything overwhelming you on a blank piece of paper to get it out of your head.
4. **Give Yourself Grace:** Remind yourself that a blood sugar number is just a data point, not a grade on how well you are doing.