

DIABETES AND MOOD SWINGS

Diabetes usually affects much more than your kidney, pancreas, heart, and other major body organs. It also causes a sudden change in moods that places emotional pressure on either one's relationships or personal life.

So how does the level of blood sugar affect your mood?

Changes in the blood sugar levels always affect a person's mood and mental well-being. You will experience high and low moments which will alert you that your blood sugar level is either too high or too low.

For low blood sugar levels, you'll notice the following symptoms:

- hunger pangs
- decision-making difficulties
- confusion, aggression
- irritability personality
- behavior changes

Symptoms indicating a person is experiencing high blood sugar levels are:

- feeling nervous
- having low energy
- feeling tired
- difficulties in thinking clearly and quickly

Rapid mood change, low mood, and irritability are often caused by fluctuations in blood glucose. This is most evident during the hypoglycemic episodes – periods when the blood sugar level goes below seventy milligrams per deciliter (70mg/dl). However, some people do experience a mild euphoric feeling when they have reduced blood sugar.

The good news is when the blood sugar returns to its normal range, these symptoms disappear.

Diabetes also leads to a psychological health condition referred to as diabetes distress. Its' symptoms are like stress and anxiety, but these symptoms may not be enough to be diagnosed as a mental sickness. Some of the sources of diabetes distress come from the responsibilities of controlling the condition and the worries of possible complications.

Diabetic people are advised to make healthful choices which they are able to enjoy and maintain such as taking medications as prescribed, observing a regular meal schedule routine, exercising regularly, enrolling in a diabetic self-management program, and having a strong support system.

Preventive mental health visits help diabetic people where they get to share their fears and concerns whether they have or do not have symptoms of mental health disorder.

Having knowledge on how diabetes affects an individual's emotions and lifestyle plays a big role in supporting a person with diabetes as well as strengthening their relationships.

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