

Blue Circle Talks: Respecting your limits

An online event by the International Diabetes Federation

October 10, 14:00-15:30 CET

90 minutes online session on Zoom

Rationale/Background

Living with diabetes can be emotionally and mentally demanding. As a chronic condition that requires continuous self-management, it can sometimes be stressful, challenging and frustrating. Diabetes advocates working for the well-being of their community tend to overpressure themselves and fail to establish and maintain boundaries. This, in turn, comes at a personal cost and can affect their health, leading to fatigue, burnout and depression.

Identifying the signs is the first step to self-care and regaining energy and overall strength. In this Blue Circle Talk, diabetes advocates and healthcare professionals will discuss the links between diabetes and mental health, share their personal stories and advise others to prevent or limit diabetes burnout.

Objectives

- Raise awareness of the impact diabetes, stigma and discrimination have on mental health
- Examine key topics related to "diabetes burnout" and "diabetes distress"
- Share self-care practices
- Discuss the impact of diabetes advocacy on mental health

Target audience

- Diabetes and mental health advocates
- Diabetes and mental health organisations
- Healthcare professionals
- Academics
- Policymakers

Welcome	
3'	<p>Moderators (They will also contribute to the conversation with their own experience): Kirsten de Klerk, Co-founder: SA Diabetes Advocacy, project manager and YLD Trainee (South Africa) Ricardo de Oliveira, consultant, YLD Trainee and Europe Representative-elect (Portugal)</p> <p>Welcome to the audience and housekeeping rules</p>
Discussion panel	
84'	<p>Panellists: Deeksha Dev, Director, Advocacy and Experiences, The Diabesties Foundation, psychologist and YLD Trainee (India) Robin Fein Wright, Psychologist and BCV Member (USA) Naser Altooblani, Patient Advocate, Graduate student, Doha Institute of Graduate Studies and YLD trainee (Bahrain)</p> <p>Conversations on mental health and diabetes</p>
Closing remarks	
3'	<p>Kirsten de Klerk, Co-founder: SA Diabetes Advocacy, project manager and YLD Trainee (South Africa) Ricardo de Oliveira, consultant, YLD Trainee and Europe Representative-elect (Portugal)</p> <p>Closing remarks and thank-you to the panellists</p>