

EMOTIONAL HEALTH

You may notice that when you're feeling stressed, your BGLs go up even if you haven't eaten anything. Feeling stressed sends signals that you're in danger. Your body responds to stress by releasing cortisol.

Stress comes in many forms:

- **Emotional stress** is what people are most familiar with when we talk about stress e.g., fear, anger, frustration and anxiety.
- **Pain** is a common stress to the body and too often goes untreated. Many people are reluctant to take medication for pain relief, such as paracetamol, for osteoarthritis, surgical pain, injury etc. Managing elevated BGLs can be difficult if pain (underlying cause) isn't managed effectively.
- **Lack of sleep and sleep apnoea**, often undiagnosed, is another stress. If you haven't had a good night's sleep, for whatever reason, you may find your BGL higher than usual when you wake up.
- **Dehydration** can cause cortisol levels to rise, resulting in elevated BGLs. If you feel thirsty, you're already dehydrated.
- **Heat Stress** can result from damaged blood vessels that are unable to dilate when you get too hot, or damaged nerves that can affect your ability to sweat and cool down.

