Feeling down once in a while is normal. But some people feel a sadness that just won't go away. Feeling this way most of the day for two weeks or more is a sign of serious depression. At any given time, most people with diabetes do not have depression. But studies show that people with diabetes have a greater risk of depression than people without diabetes. There are no easy answers about why this is true.

The stress of daily diabetes management can build. You may feel alone or set apart from your friends and family because of all this extra work. Spotting depression is the first step. Getting help is the second.

If you have been feeling really sad, blue, or down in the dumps, check for these symptoms:

**Loss of pleasure** — You no longer take interest in doing things you used to enjoy.

**Change in sleep patterns** — You have trouble falling asleep, you wake often during the night, or you want to sleep more than usual, including during the day.

**Early to rise** — You wake up earlier than usual and cannot get back to sleep.

**Change in appetite** — You eat more or less than you used to, resulting in a quick weight gain or weight loss.

**Trouble concentrating** — You can't watch a TV program or read an article because other thoughts or feelings get in the way.

**Loss of energy** — You feel tired all the time.

**Nervousness** — You always feel so anxious you can't sit still.

**Guilt** — You feel you "never do anything right" and worry that you are a burden to others.

**Morning sadness** — You feel worse in the morning than you do the rest of the day.

**Suicidal thoughts** — You feel you want to die or are thinking about ways to hurt yourself.

If you have three or more of these symptoms, or if you have just one or two but have been feeling bad for two weeks or more, it's time to get help. If you are feeling symptoms of depression, don't keep them to yourself. First, talk them over with your doctor. There may a physical cause for your depression. Other physical causes of depression can include the following: Alcohol or drug abuse; Thyroid problems; Side effects from some medications. If you and your doctor rule out physical causes, your doctor will most likely refer you to a specialist. In fact, your doctor may already work with mental health professionals on a diabetes treatment team. If you have symptoms of depression, [www.diabetes.org/living-with-diabetes](http://www.diabetes.org/living-with-diabetes)
**Good Morning Power Parfait**

**Prep Time:** 5 Minutes

**INGREDIENTS:**
- 2 Cups fat-free, artificially flavored yogurt (divided use)
- 1 tsp ground cinnamon (optional)
- 1 Medium ripe banana
- 2 1/2 cup strawberries (quartered)
- 1/2 cup grape nut style cereal

**DIRECTIONS:**
Add the banana, 1 cup yogurt, and cinnamon (if using) to a blender and blend until smooth.

Pour into parfait glasses.

Top each parfait with a rounded cup of strawberries, 1/4 cup of yogurt, and 2 TBSP of cereal.

Nutrition Information: Servings 4; Serving size: 1 parfait; Calories 142; Total Fat 1g (Saturated Fat 0g, Trans Fat 0g); Cholesterol less than 5mg; Sodium 115 mg; Total Carbohydrate 30g (Dietary Fiber 4g); Protein 6g