



*"I feel stupid that this feels so hard because you almost feel like it feels a bit silly to say, 'This is really hard', because what is hard about it? It's difficult to explain what is hard."*

*(Julie, twenties)*



*"Sometimes it just feels really tedious. When you're tired and just want to have to not think about something, and you just still have to think about diabetes?"*

*(Eric, forties)*

Please reference this paper