

## Fast Facts

### Bipolar Disorder

- Mental health condition that is known for having extreme mood swings
  - Manic/hypomanic = feeling euphoric, full of energy or very irritable
- Depression = feeling sad or hopeless and lose interest in activities that you normally enjoy
  - Either can affect your sleep, energy/activity level, judgment/thinking and behavior
    - When symptoms are severe, can make day-to-day activities extremely difficulty
      - Symptoms vary for each individual and can change over time
        - Episodes can occur rarely or frequently
        - Used to be known as manic depression
        - Cause is unknown
  - Often diagnosed in teens or early 20s, but can occur at any age
  - Several types of bipolar disorder (Bipolar I, Bipolar II, Cyclothymic and Other)

<i>Symptoms</i>	<i>Treatment</i>	<i>Prevention</i>
<p><i>Manic episode</i> (must have three or more):</p> <ul style="list-style-type: none"> <li>-Being abnormally upbeat</li> <li>-Feeling jumpy/wired</li> <li>-Having increased activity/energy level</li> <li>-Feeling agitated</li> <li>-Having an exaggerated sense of well-being/self-confidence</li> <li>-Not sleeping</li> <li>-Unusual talkativeness</li> <li>-Racing thoughts</li> <li>-Easily distracted</li> <li>-Poor decision-making (ex. going on buying sprees or taking unnecessary risks)</li> </ul> <p><i>Depressive episode</i> (must have five or more):</p> <ul style="list-style-type: none"> <li>-Feel sad/empty/hopeless/tearful</li> <li>-Children and teens might be irritable</li> <li>-Noticeable loss of interest in activities</li> <li>-Not getting enjoyment out of activities that you normally do</li> <li>-Significant weight changes (up or down)</li> <li>-Changes in appetite</li> <li>-Either insomnia or sleeping too much</li> </ul>	<p><i>Medication:</i></p> <ul style="list-style-type: none"> <li>-Mood stabilizers</li> <li>-Antipsychotics</li> <li>-Antidepressants</li> <li>-Antidepressant-antipsychotics</li> <li>-Anti-anxiety medications</li> </ul> <p><i>For people who don't respond to medications:</i></p> <ul style="list-style-type: none"> <li>-Electroconvulsive therapy (ECT)</li> <li>-Transcranial magnetic stimulation (TMS)</li> </ul> <p><i>Psychotherapy:</i></p> <ul style="list-style-type: none"> <li>-Interpersonal and social rhythm therapy (IPSRT)</li> <li>-Cognitive behavior therapy (CBT)</li> <li>-Psychoeducation</li> </ul> <p><i>Treat Other Co-Conditions:</i></p> <ul style="list-style-type: none"> <li>-Substance abuse</li> <li>-Anxiety disorders</li> <li>-Eating disorders</li> <li>-Attention-deficit/hyperactivity disorders (ADHD)</li> <li>-Physical problems</li> </ul> <p><i>To Be Successful:</i></p> <ul style="list-style-type: none"> <li>-Stick to the treatment plan</li> </ul>	<ul style="list-style-type: none"> <li>-No specific way to prevent bipolar disorder</li> <li>-Key is to prevent complications by getting help the earliest sign of an episode</li> <li>-Look for are warning signs (include family and friends in monitoring for them)</li> <li>- Avoid alcohol and drugs</li> <li>-Take your medication as prescribed, even if you are feeling better</li> </ul>

<ul style="list-style-type: none"><li>-Either restlessness or slowed behavior</li><li>-Fatigue</li><li>-Feeling worthlessness</li><li>-Having excessive/inappropriate amounts of guilt</li><li>-Unable to think/concentrate</li><li>-Indecisiveness</li><li>-Thinking about/planning/attempting suicide</li></ul>	<ul style="list-style-type: none"><li>-Surround yourself with supportive family/friends</li><li>-Have a healthy routine</li><li>-Keep a mood chart</li></ul>	
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