

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

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