Top 5 NLO|Bipolar Articles of 2015

by NEWLIFEOUTLOOK TEAM

5. How Bipolar Can Impact Your Communication Skills

The fluctuating moods that are part of your disorder can lead to various communication issues. However, with some thought and effort, you can work towards being a better communicator.

4. Bipolar Disorder and Substance Abuse

Being on the bipolar spectrum is hard to come to terms with and hard to deal with on a long-term basis. Add in substance and/or alcohol abuse to this diagnosis and life can become increasingly difficult.

3. The Road to Accepting Your Bipolar Disorder

Bipolar disorder can be miserable, but no matter what the mood or episode, we're in it for life. It's not going away — so we've got to learn to accept it, to *own* it, to make it our own unique tool.

2. Sensitivity in People With Bipolar Disorder

Opening the doors to intense feeling, creativity and understanding leads to a world of overwhelming beauty — but at the same time can bring uncontrollable worry, anxiety and emotions.

1. Early Warning Signs of a Manic Episode

Mania is a core component of bipolar disorder, and can be a damaging and emotionally difficult experience to go through. It is important to understand how to recognize a manic episode in the early stages in order to limit its negative impact.