



## Top 5 NLO|Bipolar Articles of 2015

by NEWLIFEOUTLOOK TEAM

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### **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.

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