



# What Bipolar Treatments Are Effective?

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## Bipolar Treatment Effectiveness and Popularity

If you're just on lithium or an antidepressant, you're not likely getting all the treatments that will be effective for you. Exercising and sunlight are two effective ways to help reduce your symptoms and they are two items that can be done together. Consider what exercises you enjoy doing and which ones you can do outdoors. Also, psychotherapy may seem like it wouldn't be effective, since the mindset is largely to have a pill for a disease or a condition, but therapy can really help to remove negative thoughts and help you to find great coping mechanisms.

