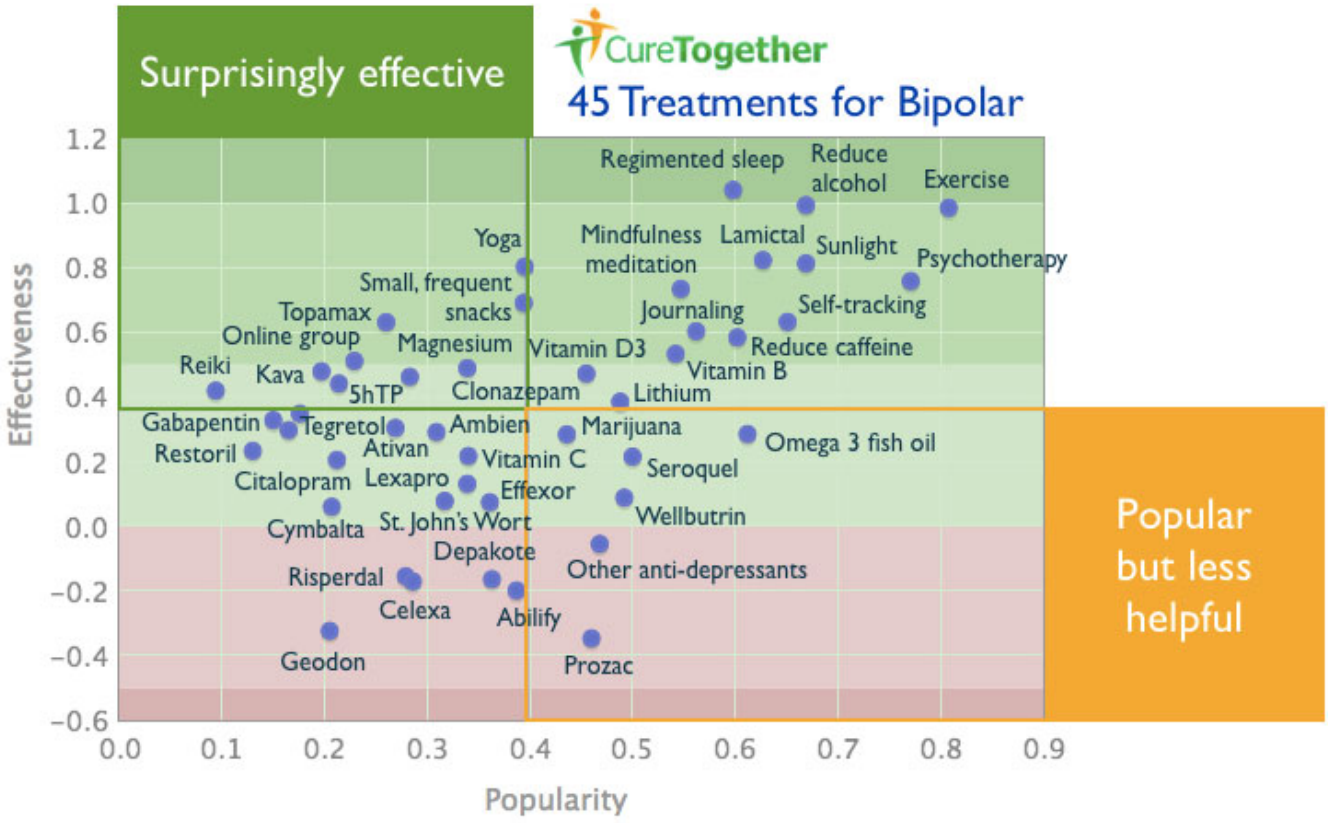
What Bipolar Treatments Are Effective?

by NEWLIFEOUTLOOK TEAM

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.


Surprisingly effective
CureTogether
45 Treatments for Bipolar
Popular but less helpful
Effectiveness
Popularity
1.2
1.0
0.8
0.6
0.4
0.2
0.0
−0.2
−0.4
−0.6
0.0
0.1
0.2
0.3
0.4
0.5
0.6
0.7
0.8
0.9
Regimented sleep
Reduce alcohol
Exercise
Yoga
Mindfulness meditation
Lamictal
Sunlight
Psychotherapy
Small, frequent snacks
Journaling
Self-tracking
Topamax
Online group
Magnesium
Vitamin D3
Reduce caffeine
Reiki
Kava
5hTP
Clonazepam
Vitamin B
Lithium
Gabapentin
Tegretol
Ambien
Marijuana
Omega 3 fish oil
Restoril
Ativan
Vitamin C
Seroquel
Citalopram
Lexapro
Effexor
Wellbutrin
Cymbalta
St. John's Wort
Depakote
Other anti-depressants
Risperdal
Celexa
Abilify
Geodon
Prozac