How to Manage Bipolar Disorder

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9 Tips for Living a Full Life

When a person has bipolar disorder, they have it for life. It is like a roller coaster ride for the person afflicted, and if it isn't treated promptly, it can lead to devastating results. The cyclical ups and downs can make life turmoil for the individual and everyone else who is a part of the person's life. In a manic phase, the person is hyperactive, unpredictable and reckless; in the depressive state, the person may not even get out of bed. Let's take a look at managing bipolar.

Managing Bipolar

If you have bipolar disorder, you must get diagnosed and treated as soon as possible to avoid any problems associated with the illness. Here are some ways of getting help for yourself:

1. There is a chance you feel desperate, however, don't do anything rash. Seek help from a mental health professional before making any major decisions in your life.
2. Find someone that you can trust and confide in. This can be a guidance counselor, pastor or social worker. You are not alone in this journey if you allow someone to help you. You are not the blame for your condition.
3. Listen to your loved ones because they can tell a lot about your current state of mind. If you are getting very talkative, they can alert you to that fact.
4. Do your research on bipolar disorder and explore all of the treatment options for it.
5. Make sure you explore your options very carefully so that you are educated about bipolar and the treatments available. If you cannot cope with it, ask for help.
6. There are a few types of medication that can help with the regulation of chemicals in your brain to balance your manic/depressive episodes. A psychiatrist will prescribe the appropriate medications that will help. It will take some time to make adjustments to get the medication just right, so you will have to be patient during this time.
7. Cognitive behavioral therapy has helped many patients with bipolar disorder. It is a great complement to medication for the management of bipolar. The two interventions are needed to address behavioral and chemical reasons for your condition.
8. Going on medication is evaluated as one of the most important steps in learning to live with bipolar disorder. Few people with bipolar I or II achieve stability without medication.
9. This condition is something that you shouldn't wait to get help for. It gets worse and worse over time, and it is best to get treated as soon as possible.

Trial and Error

Just remember that recovering from bipolar disorder takes time. Finding the right treatments will be the case of trial and error. Setbacks can happen, so just be patient, and eventually, you will find your way of managing bipolar. Once you do find the right balance of correct medication and therapy, you will be able to get your

symptoms under control and live a full life.