TREATING BIPOLAR DISORDER

“TREATMENT IS NOT THE END OF THE POSSIBILITY FOR ACHIEVEMENT; IT IS THE BEGINNING.” — NATIONAL ALLIANCE ON MENTAL ILLNESS

THREE STEPS TO WELLNESS

STEP 1
• Take medication to control or eliminate symptoms
  – Medication must be taken daily to work effectively and to help you function better. This is true even when you feel well
• Maintain an open, honest dialogue with your treatment provider about the benefits and side effects of your medication

STEP 2
• Talk to a counselor and/or attend a support group to learn skills to manage your symptoms and cope with the stresses that can trigger episodes
  Counseling can be provided by a
  – Psychiatrist
  – Psychologist
  – Social worker
  – Psychiatric nurse
  – Case manager

STEP 3
• Develop healthy habits and a balanced lifestyle
  – Get enough rest and sleep, and maintain a consistent sleep schedule
  – Limit use of alcohol and other substances
  – Eat a well-balanced diet
  – Get regular physical activity
  – Stick to a regular daily schedule
  – Stay connected with family and friends
  – Develop ways of coping with stress (for example, practice meditation or relaxation exercises, keep a sense of humor)