



Living With Bipolar Disorder



Overview

If you've been diagnosed with bipolar disorder, you may have questions about what it means for you. Some people feel confused and scared. But bipolar disorder doesn't have to rob you of your life. You can learn to manage it. These tips can help.

Take your medications

First, take your medications as directed. Even if you don't see an immediate change, keep taking them unless your doctor tells you to stop. This is very important.

Be aware

Learn to recognize your mood swings. Pay attention to your ups and downs. If you suddenly notice that you feel very happy or very sad and you don't know why, take it seriously. Your doctor may need to adjust your treatment.

Keep a regular routine

Plan a regular routine for eating and sleeping. Make sure you get enough sleep. You may need more sleep than you think you do, especially when you're taking medications. So make sleep a priority.

Reach out

It's important to maintain connections with loved ones and friends. So reach out. Talk to others. Try to involve them in your treatment plan. These relationships provide a support system for you. A support group may be helpful, too. And don't be too hard on yourself. Improvement can take time.

Conclusion

If you take an active role in your care and follow your doctor's advice, you can learn to manage bipolar disorder and take back your life.

Actor portrayals in photos

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