

Summary of Key Secrets for Optimum Management of Bipolar Disorder

A Willingness to:

- Accept that one has the illness.
- Take medication as a preventative safety net.
- Identify and be vigilant of one's own early warning signs.
- Learn about the nature of Bipolar disorder, especially high risk activities.
- Manage your particular stressors and potential triggers at work and play.
- Keep regular patterns of eating, exercise, sleep and relaxation.
- Make use of counselling and therapy to come to terms with Bipolar Disorder.
- Formulate a wellbeing plan and work through issues which may be fuelling stress and triggering depression.
- Work on relationship issues to ensure/improve cooperation with family or friends in detecting early warning signs.
- Allow trusted others to mention warning signs, and be willing to manage one's own aggravation when they do.
- Alternatively, if family/friends are themselves problematic stressors, find ways to avoid/nullify those stressors.
- Take a preventative self-management approach overall to become adept at avoiding episodes.
- Cultivate mindfulness so that self-monitoring happens naturally in response to potential triggers.