What to Do When You Are Getting Manic

* Catch it early…notice if there are 3 consistent days of elevated days in a row…
* Refer to your well-being plan and the early warning signs you have nominated – then think about your plan to address these symptoms and start putting it in place straight away.
* Get help before things get out of hand. Do not hesitate to call your psychologist, psychiatrist or GP to get in for an appointment as soon as possible.
* Consider your PRN medication for sedation and take your prescribed dosage as planned for this situation – sometimes a day at home with some sedation (serequel or an anti-psychotic) is enough to circuit break an elevating mood.
* Use your support system. Let your supporters know how you are feeling. Talk with them for as long as you need to, expressing all the emotions that come up.
* Stay at home or in familiar surroundings. Steer clear of stimulating environments such as bars or clubs, shopping centres etc.
* Reduce the stress in your environment. Keep away from stressful people or places including workplaces – take a day off to rest at home.
* Make a list of things to do for the day that is realistic and stick to it.
* Regulate your activities to avoid overstimulation. Restrict yourself to activities that are quite soothing, such as a long slow walk, a warm bath, a relaxing swim, listening to quiet music, listening to a guided meditation tape, reading a soothing book, watching a nature show on TV.
* Avoid stimulating food and drinks. Restrict caffeine levels by watching your consumption of coffee, tea, and coca cola. Avoid energy drinks such as red bull at all costs. Do not drink alcohol or take recreational drugs. Do not take medication such as pseudoephedrine or cold and flu tablets containing stimulants.
* Avoid excessive sugar intake. Try and eat regular meals. Do not skip meals. Do not eat too much of one thing.
* Keep a list of things you can do to use up excess energy; such as cleaning the house, weeding the garden, painting, cleaning out closets – but make sure these are not overstimulating
* Practice relaxation techniques several times during the day – guided meditation tapes or audio are often best when you have a busy mind. Mantra based meditation or chanting is also helpful.
* Do not make any major decision. Put off decisions until you feel calmer.
* Do not commit yourself to extra activities outside your usual routine.
* Avoid spending money or going to places where this is likely – such as shopping centres. Give your credit cards and money to a trusted support person.
* Regularly stop what you are doing, bring your focus onto yourself, and ask yourself what you are doing. Keep your mind focused on what you are doing. Don’t allow your thoughts to ramble or become obsessive.
* If all of your relaxation techniques are not working to put you to sleep, and you are not sleeping, get help from your doctor right away. Loss of sleep exacerbates mania. Alternatively take your prescribed sleeping medication until the mania passes.