

Causes?

Genetics can be one of the cause of bipolar disorder. A family member may once suffered from bipolar disorder can be passed down to you or your other family member. Your brain and the way it functions can also be a cause. Stress, traumatic events, mental abuse or a loss of a significant can also cause bipolar disorder.

WHAT IS BIPOLAR DISORDER?

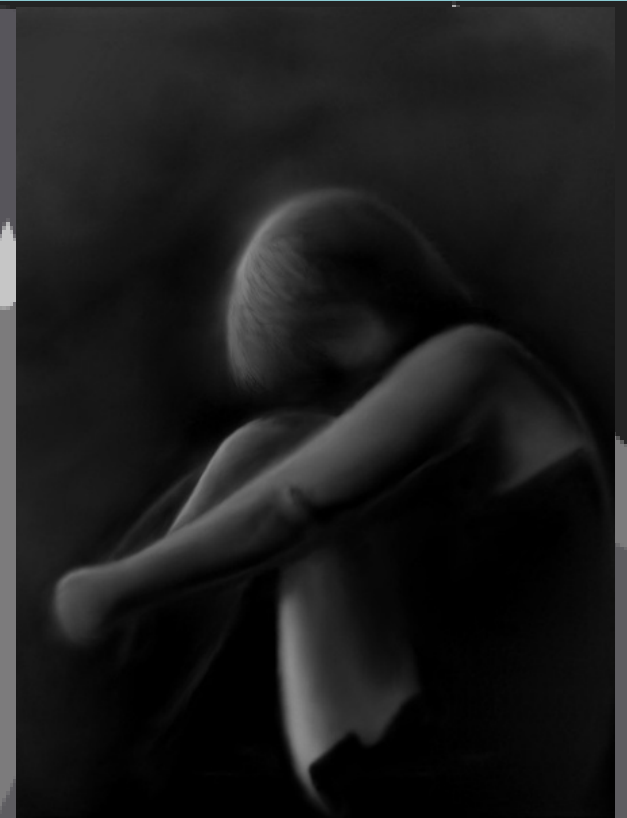
Bipolar disorder is a chronic or episodic mental disorder. it can cause unusual mood swings, energy, activity and concentration on focus.

Everyone goes through up and downs but bipolar disorder is different. The range of moods can be extreme. Bipolar Disorder can affect your daily life and the way you function. It is an illness that not only affects the individual but their family and friends as well.

**never
struggle in
silence.**

BIPOLAR DISORDER

BY MAURINE DUBUISSON



SYMPTOMS

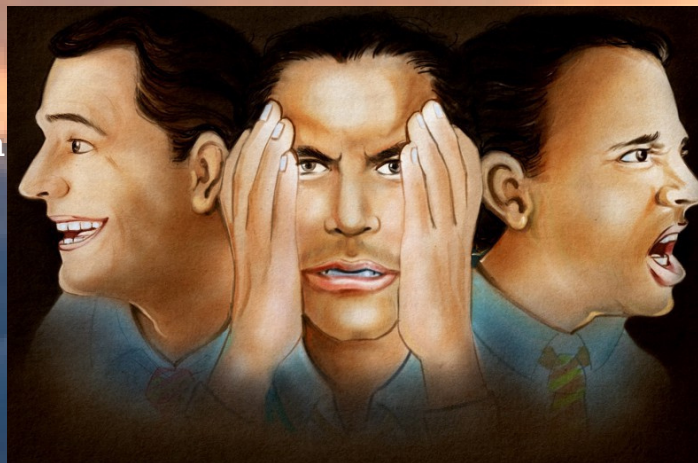
The symptoms of bipolar disorder can vary. An individual with bipolar disorder may have manic episodes, depressive episodes, or "mixed" episodes. A mixed episode has both manic and depressive symptoms.

Symptoms of maniac:

- Feeling very up, high, elated, or extremely irritable or touchy
- Racing thoughts
- Decreased need for sleep
- Feeling like you are unusually important, talented, or powerful
- Excessive appetite for food or pleasurable activities .

Symptoms of depressive

- Feeling very down or sad, or anxious
- Feeling slowed down or restless
- Trouble concentrating or making decisions
- Talking very slowly, feeling like you have nothing to say, or forgetting a lot
- Feeling hopeless or worthless, or thinking about death or suicide
- Unable to do even simple things



TREATMENTS

Treatment helps many people, even those with the most severe forms of bipolar disorder. Usually requires lifetime treatment and does not go away on its own. Certain medications can help control the symptoms of bipolar disorder. Some people may need to try several different medications and work with their doctor before finding the ones that work best. Psychotherapy is another treatment for techniques that aim to help a person identify and change troubling emotions, thoughts, and behaviors.

Psychotherapy can offer support, education, skills, and strategies to people with bipolar disorder and their families.



"REDUCING THE IMPACT OF BIPOLAR DISORDER ON A PERSON'S FUNCTIONING IS CRITICAL TO IMPROVING THAT PERSON'S WELL-BEING."

you may have to fight a battle more than once

FAMILY MEMBERS MAY EXPERIENCE A VARIETY OF EMOTIONS AS THEY LEARN TO COME TO TERMS WITH HAVING SOMEONE WHO HAS BIPOLAR DISORDER. ITS IMPORTANT TO KNOW HOW TO HANDLE THESE EMOTIONS.