

# ***Bi-Polar***

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Bi-Polar is a mental illness in which a person experiences extreme change in good moods and bad moods. Length of highs and lows are different with each person, and many people may not even know they have it. It usually develops in a person's early 20s. Events in someone's life or an imbalance in a person's body can result in Bi-polar.

## **Symptoms**

- Trouble distinguishing what's real and what is fake
- Hearing Voices
- Paranoia
- Visual Hallucinations
- Impulsivity
- Feelings of Helplessness
- Hopelessness
- Aggressiveness
- Depression
- Lack of Energy
- Lack of Interest in Things

## **Treating Bi-Polar**

- Diagnosis and treatment should happen as quick as possible
- Talking to others who have the disorder and seeing how they deal with it and gain their support
- Medication to help manage mood episodes
- Educating yourself about your condition
- Keeping a routine and getting consistent sleep
- Seeing doc/counselor regularly
- Seek hobbies and exercise to keep busy
- Create goals to stay focused and motivated

IT IS IMPORTANT TO TREAT BI-POLAR AS SOON AS POSSIBLE. IF YOU ARE EXPERIENCING ANY OF THE ABOVE SYMPTOMS YOU SHOULD SEE YOUR DOCTOR AS SOON AS POSSIBLE TO TALK ABOUT TREATMENT.

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