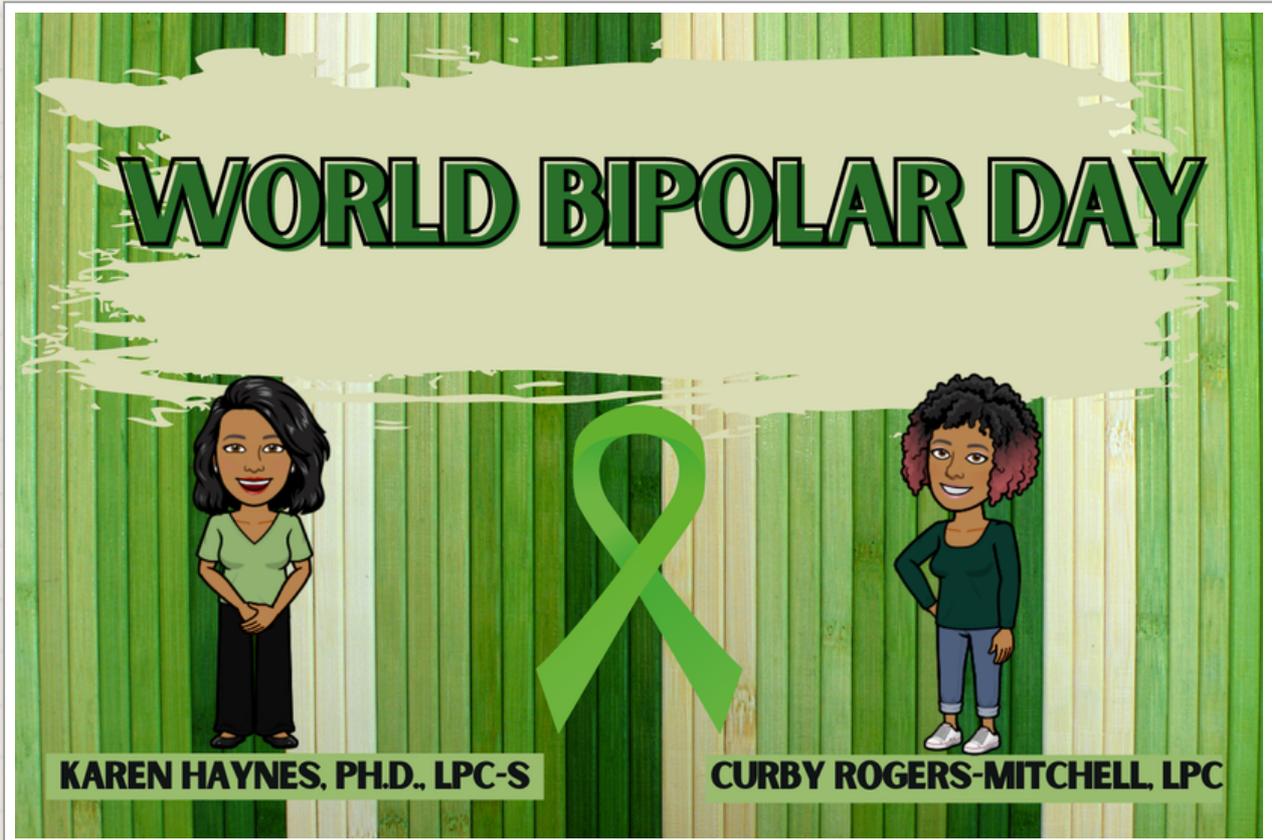


Wellness Wednesday

MARCH 30, 2022



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World Bipolar Day (WBD) brings worldwide awareness to Bipolar disorder and its subsequent conditions. In addition to awareness, the goal is to end the stigma associated with bipolar disorder.

World Bipolar Day educates and promotes the spread of information on bipolar disorder through international collaborative efforts annually on March 30th.

This year's theme is...

#BipolarTogether



WHAT IS BIPOLAR DISORDER?

Previously, Bipolar disorder was known as manic-depressive illness. This is a brain disorder that leads to intense shifts in an individual's mood, energy, and ability to function. This fluctuation of mood is very different than the highs and lows that we all normally experience. Untreated bipolar disorder can result in broken relationships, difficulty engaging in daily life, inability to maintain school or work, and even suicide.

Bipolar is treatable and people with this illness can lead very productive lives.

Tell Me About Bipolar Disorder



The Facts

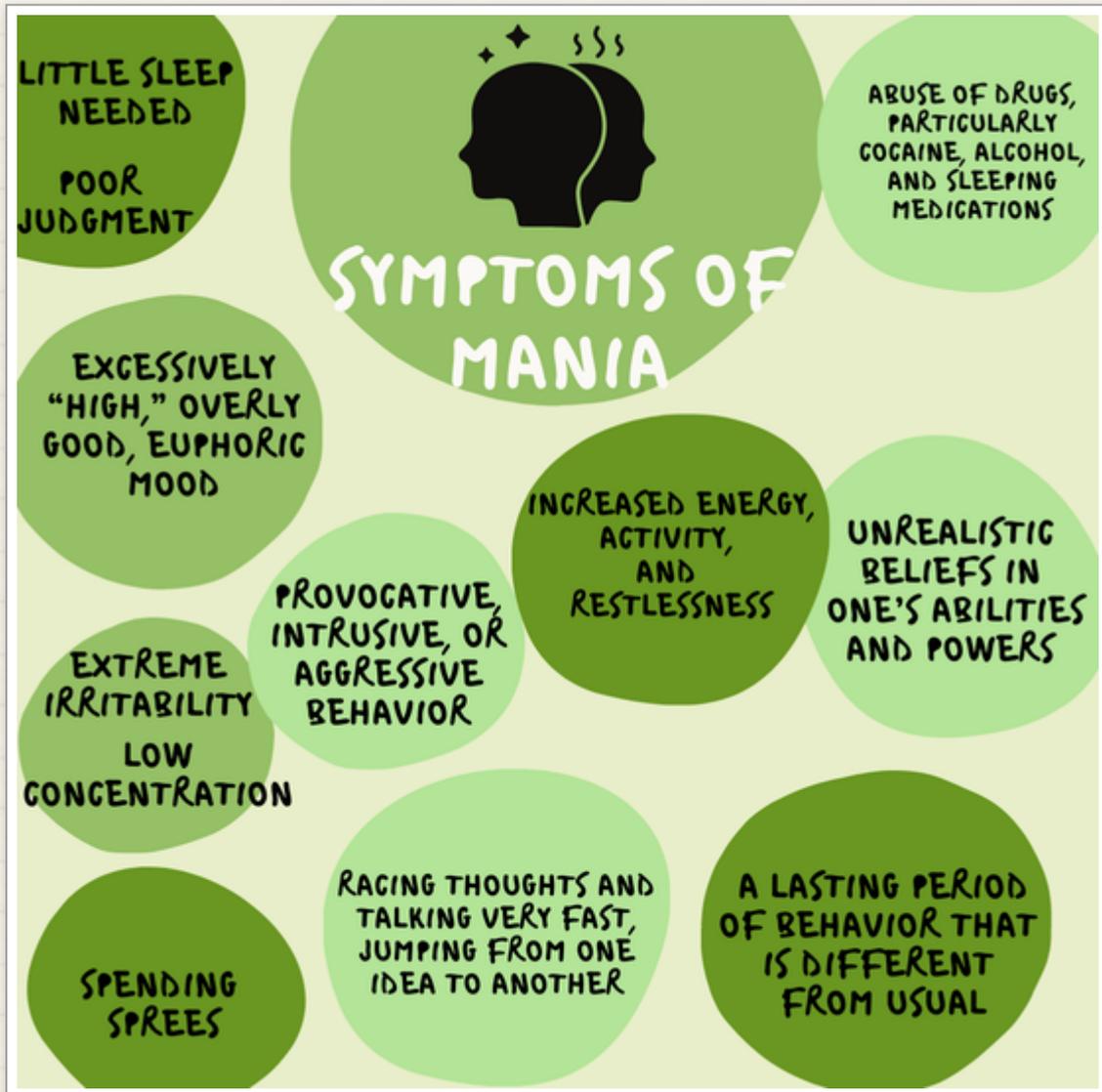
- 5.7 million American adults age 18 and older have bipolar disorder.
- Bipolar disorder typically develops on late adolescence or early adulthood.
- Bipolar disorder is a long-term illness that must be managed appropriately.
- Bipolar Disorder can be confused with other mental health diagnoses.
- Bipolar often is a co-occurring disorder, this means someone may also struggle with substance abuse simultaneously.



SYMPTOMS OF BIPOLAR DISORDER

Bipolar Disorder causes intense mood swings. This means an individual may experience intense low moods, energy, hopelessness or be on a high that includes joy and excitement. The periods of highs are during a manic state.

Severe episodes of mania or the depressive states can include psychosis. A person diagnosed may have hallucinations or be out of touch with reality.



Symptoms of Depression

- Poor appetite or eating too much
- Trouble sleeping or sleeping too much
- Nervousness and worry
- Loss of interest in and withdrawal from usual activities
- Feelings of sadness that don't go away
- Irritability or restlessness
- Lack of energy
- Feelings of sadness, worthlessness or guilt
- Inability to think or concentrate
- Repeated thoughts of death or suicide
- Chronic pain or other physical problems that don't respond to treatment
- Increased risk-taking behavior, including reckless driving or substance abuse

The illustration shows a person sitting on the floor, hunched over with their head buried in their arms, representing depression. The background is light green with various colorful abstract shapes and patterns.

TREATMENT OPTIONS

When an individual is struggling with Bipolar disorder, there are several treatment options. Treatment options may include, but are not limited to medication management, intensive outpatient therapy, residential treatment, outpatient therapy, and/or support groups.



RESOURCES

For more information, see below:

[World Bipolar Day - International Bipolar Foundation \(ibpf.org\)](https://www.ibpf.org/)

<https://www.nimh.nih.gov/health/topics/bipolar-disorder>

<https://www.nami.org/About-Mental-Illness/Mental-Health-Conditions/Bipolar-Disorder>



EMPLOYEE ASSISTANCE PROGRAM



Wellness Wednesday

We would love to hear your Topic Suggestions & Feedback

Are there topic suggestions you would like to see discussed?

[Click to Submit](#)

CLICK TO SUBMIT



Chat with a PRO



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