

# TREATING BIPOLAR DISORDER

“TREATMENT IS NOT THE END OF THE POSSIBILITY FOR ACHIEVEMENT;  
IT IS THE BEGINNING.” — NATIONAL ALLIANCE ON MENTAL ILLNESS



## THREE STEPS TO WELLNESS

### STEP 1

- Take medication to control or eliminate symptoms
  - Medication must be taken daily to work effectively and to help you function better. This is true even when you feel well
- Maintain an open, honest dialogue with your treatment provider about the benefits and side effects of your medication

### STEP 2

- Talk to a counselor and/or attend a support group to learn skills to manage your symptoms and cope with the stresses that can trigger episodes

Counseling can be provided by a

- Psychiatrist
- Psychologist
- Social worker
- Psychiatric nurse
- Case manager

### STEP 3

- Develop healthy habits and a balanced lifestyle
  - Get enough rest and sleep, and maintain a consistent sleep schedule
  - Limit use of alcohol and other substances
  - Eat a well-balanced diet
  - Get regular physical activity
  - Stick to a regular daily schedule
  - Stay connected with family and friends
  - Develop ways of coping with stress (for example, practice meditation or relaxation exercises, keep a sense of humor)