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Self-management to stay well with bipolar disorder

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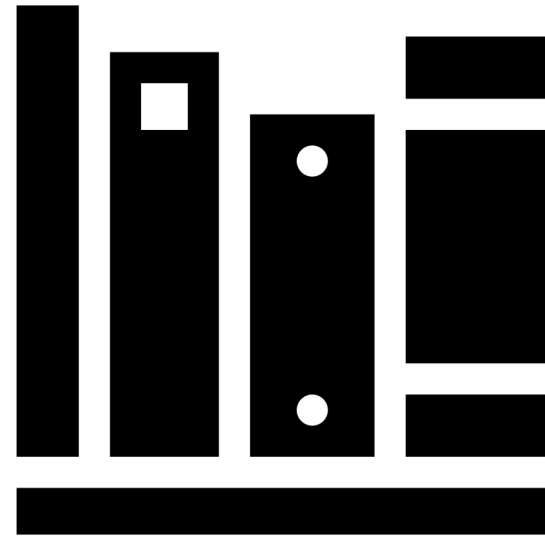


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Being knowledgeable about the disorder, and educating others

- What books, websites and other resources have been particularly useful for your understanding of bipolar disorder?
- What is the most important thing you think people need to know if they have just been diagnosed with bipolar disorder?
- What is the most important thing others need to know about bipolar disorder?
- How do you make sure others have good quality information?



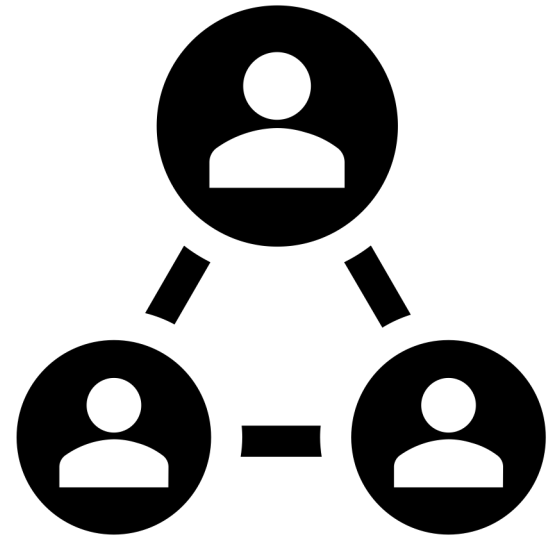
Ongoing monitoring of the disorder

- Do you use ongoing monitoring, to help you judge when to make changes?
- What do you monitor? Behaviours, physical feelings, mood, sleep?
- How frequently do you monitor? Daily, more than daily, less?
- What technology do you use if any?
- What have you learned from your monitoring?
- Do you have a 'relapse signature' for depression, mania or hypomania?
- Are there any downsides to monitoring?



Connecting with family and friends

- What makes a good support for someone with bipolar disorder?
- What makes someone not so good?
- How do you like to balance solitary and social time?
- Do you have the skills and resources to improve relationships with others if you're not getting what you need?



Maintaining regular sleep and activity

- How well do you sleep?
- What's the relationship between sleep and mood in your experience?
- What about daily routines? How stable are your social rhythms?



Collaborative relationship with the prescriber and other clinicians

- What's the difference between a good relationship with a prescriber and not so good?
- What other professionals and supports do you have in place? Psychologist? Counsellor? Self-help group?
- What is your experience of inpatient facilities and CAT? How can this be improved?
- What do you want clinicians to understand about living with bipolar disorder?



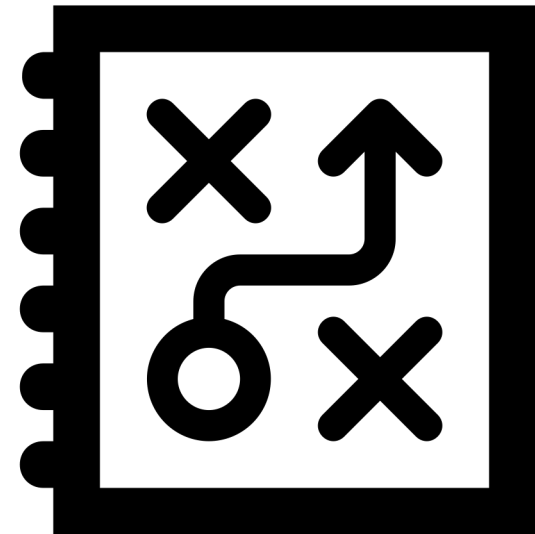
Reflective and meditative practices

- Do you participate in meditation, mindfulness, yoga, active relaxation?
- What benefits do you receive?
- Are there any challenges or downsides to reflective and meditative practices?



Having a plan to deal with early signs of relapse, and crises

- Do you have a plan if you recognise a manic or depressive episode is on the way?
- Is the plan informal or a fully written plan (e.g., WRAP)?
- Do others know about your plan, and have they agreed to it clearly?



More information

- www.crestbd.ca/tools/bipolar-wellness-centre
- www.bipolarlife.org.au/video-library/
- bipolarcaregivers.org

