



International Bipolar Foundation Blog Categories and Prompts

Thank you for your interest in contributing to our blogging efforts. Below, you'll find categories and prompts to guide your writing. We highly value your input and welcome any suggestions you may have for additional categories or prompts. For questions or comments, please feel free to email us at info@ibpf.org. If you have not reviewed and filled out our blogging manual/agreement, please do so [here](#). Thank you!

Categories (Click on a topic to view examples):

- Addiction
- Alternative Treatments
- Anxiety
- Art
- Bipolar Disorder
- Caregiver
- College
- Consumer
- Coping Strategies
- Depression
- Exercise
- Family
- Food
- Friends
- Grief
- High School
- Holidays
- LGBTQI
- Mania
- Medication
- Parenting
- Personal Story
- Pets
- Poetry
- Pregnancy

- Psychosis
- Relationships
- Religion and Spirituality
- Suicide
- Support
- Therapy
- Tips and Advice
- Videos
- Work
- Yoga

Prompt Ideas (Each prompt will be finalized over email before writing):

- How do you channel hypomanic energy in a helpful way? Do you have a sense of awareness or support system that will let you know if you are taking things so far?
- Share your experience with relationships while living with bipolar disorder, these can be romantic or platonic.
- What do you want someone who does not know about bipolar disorder to know about the illness? Why?
- Is there a way that you can tell an episode might be approaching? What do you do when this happens?
- Have you had any challenges with medication? Were these challenges overcome?
- What has your experience with therapy been like? Do you have any tips for someone considering starting therapy?
- Has religion impacted your journey with bipolar disorder? Please share your experience.
- What role has having a pet played in your recovery? Share a specific time that this has been noticed.
- Have you experienced psychosis? What was your experience like?
- How do you feel the most supported?
- Have you disclosed that you live with bipolar disorder to your employer? What happened?



- Do you have a general story that you would like to share for our audience to draw inspiration from?
- Have you been hospitalized due to a manic episode? What would you like to let people know about this experience?
- Have you experienced pregnancy while living with bipolar disorder? What would you like others to know about your experience?
- What coping strategies do you use while feeling symptoms of depression?
- Do you have a comorbid diagnosis that attention should be brought to so people know that they are not alone?
- Have you noticed a correlation in your diet and mood? Tell us about it!
- Have you experienced a mixed episode? What was this like?
- Has bipolar disorder affected your academic or work performance?
- What are your sleep patterns like? Do you have any tips that you would like to share with our audience for better sleep?
- Has bipolar disorder had any effect on your self-esteem?
- Do you use any creative outlets to feel at ease?
- How has bipolar disorder affected your worldview?

These are a few of the many possible prompts. We want to hear your ideas and experiences! For more inspiration, view all of our blogs [here](#).