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***Rollercoaster Mind***

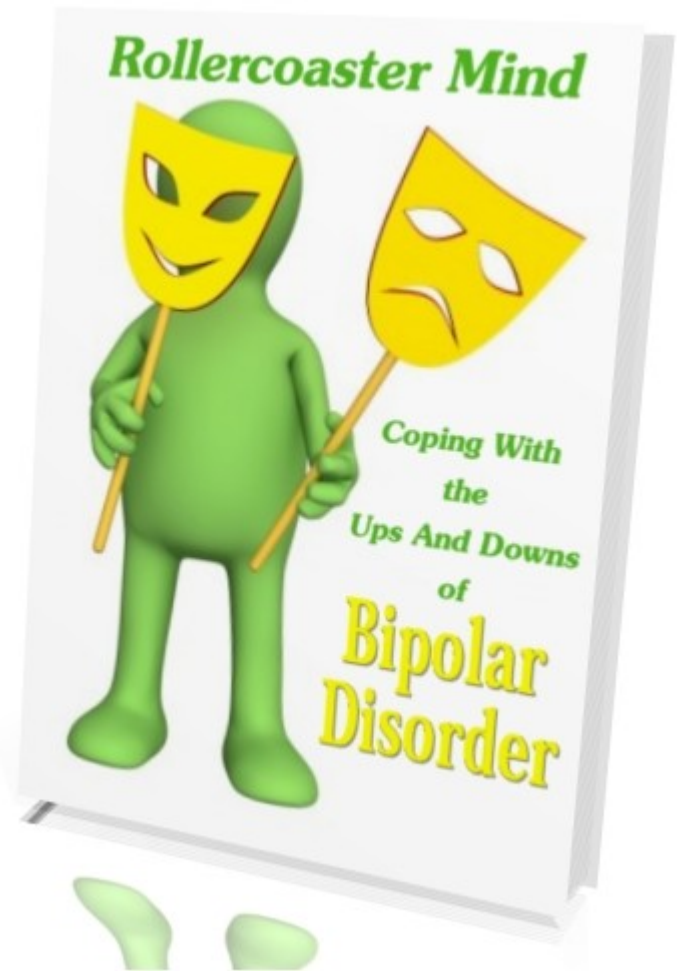
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**Coping With  
the  
Ups And Downs  
of  
Bipolar Disorder**

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## INTRODUCTION

Bipolar is a condition which wreaks havoc on those that it affects. If you suffer from Bipolar, chances are good that your family suffers with you. No matter if you are that family member trying to learn to cope or you are the person that has been diagnosed, there is hope out there.

Although there is no cure for Bipolar, just yet, there are many ways in which you can improve your chances of living a long and happy life. The good news is that the process doesn't have to be difficult either.

The ups and downs are what create the most problems for individuals. Being happy and go lucky one minute is wonderful but when it is followed by serious lows and depressed moods the next, it can be a real struggle to deal with.

In this e-book, we will explore a number of different ways to help you to learn to cope with bipolar and all of the ups and downs associated with the disorder. Through an understanding of your condition as well as beneficial tools we will teach you, you will be able to improve the quality of life for you and your loved ones.

## CHAPTER 1: UNDERSTANDING BIPOLAR TO GET HELP

Most individuals that suffer from bipolar have one goal. That goal is to live a life that is as normal as can be. To get through today without having any emotional problems, to make it through the big meeting at work without having people wonder what is wrong with you and to simply be able to enjoy your daughter's graduation are all additional goals that you may have.

Before you can fully learn to cope with bipolar, you need to thoroughly understand your condition. You need to know when things happen, as best that you can, so that you can then trigger your coping mechanisms to work for you.

There is no 100 percent sure way of stopping these things from happening to you. But, there are countless things you can learn to do to help you to improve your outlook.

To get to that point, we will start by giving you all of the information you need about your condition so that you can better understand what is happening to you. If you are a family member who is reading this to help someone that has bipolar, then by all means, you too can learn all that you need to in order to deliver the best possible help.

### **Bipolar: The Medical Side**

Bipolar is a condition in which there are extremes in moods and life experiences. There is no doubt that bipolar is a health condition that is serious and disabling to those that have it. It is a mental illness and it does require necessary treatment.

You may have heard bipolar called Manic Depression or that a person suffering from it has a manic depressive condition. But, what scientists have come to learn is that manic style behavior is only one extreme of this

condition. The other part is that of depression. Both of these conditions are vitally serious to your well being and even to your life span and must be treated.

While doctors do not have a cause for bipolar, they are working on figuring it out. Along with that, you can be sure that there are communities of scientists that are looking for a way to cure the condition. Yet, until that happens, we need to examine what we know now about bipolar and what it does to the person that you are.

For most people bipolar starts when they are in their teens, triggered, some believe, by puberty. Others will not develop this condition until they are in their early adult years. It is a condition that can last for your life time.

For most individuals, bipolar is a condition that doesn't happen all of the time. You don't go in and out of moods or other experiences within seconds and you don't do this all of the time either. For example, some people will have bouts that last for several weeks. Others will have them for a few months at a time. Although it is possible to have bipolar in which your symptoms flare all of the time, this is really the rare case.

If you don't get help for bipolar, your condition is likely to continue to worsen. There is no doubt that depression itself is a killer. Therefore, not getting help is simply not an option. But, the good news is that there are medications, treatments and therapies that can help to reduce the symptoms and help you to cope with your condition.

### **Do You Have Bipolar?**

The first question that you need to ask is if you have this condition. Learning the signs and symptoms will help you to weigh the need to seek out medical attention. If any of your symptoms are severe or you are considering harming yourself, you must seek immediate medical attention as soon as possible.

Bipolar individuals will go through an alternating pattern of highs and lows that play on their emotions. The highs are called episodes of mania. The lows are episodes of depression.

The intensity of these highs and lows will vary from person to person and from one episode to the next. For some, the symptoms can be quite mild, but for others they can be quite severe. In addition to this, you may also have very normal times too.

During the manic phase, there are a number of symptoms that can be observed:

- You may feel