

BIPOLAR DISORDER

Generally, managing your sleep and stress are two of the most critical components of managing your overall wellness. Those with bipolar disorder should prioritize managing these two components as studies have shown that sleep deprivation and stress can trigger a manic or depressive episode. Keep the reminders below in mind so you can take the best steps toward wellness!

SLEEP



Go to sleep and wake up at the same time everyday. Including weekends!



Avoid napping during the day.



Limit stimulants, such as caffeine to the morning. Avoid stimulating conversations near bed time.

STRESS



Start practicing relaxation techniques, such as breathwork, and meditation.



If you are feeling overwhelmed journaling your emotions or even just jotting down what is on your mind will provide stress relief.



Find someone to talk to. Don't hesitate to reach out to a friend or a therapist.