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Help someone with bipolar disorderSo if you have a friend or a loved one with bipolar disorder, you know that this condition can be a challenge. Erratic behavior and extreme mood shifts can be hard for a person with the condition as well as people in their lives. It is important that people with bipolar disorder understand how to cope with their condition. However, it is also important that people in their lives - such as friends or family members - know how to help when they are going through a manic or depressive episode. Learn about a list of ways to help someone you care about who has bipolar disorder. Bipolar disorder, formerly known as manic depression, is a mental illness that causes extreme changes in mood, energy, and activity levels. These changes affect a person's ability to perform daily tasks. Bipolar disorder most commonly develops in older adolescents or young adults and the average age of onset is 25 years. According to the National Alliance on Mental Illness, nearly 3 percent of adults in the United States have bipolar disorder. There are six main types of bipolar disorder. While they have some similar symptoms, these symptoms vary in their severity and treatment. Here are six types, from the most severe to the least severe: bipolar I disorderbipolar II disordercyclothymic disorder (cyclothymia) substance/medications induced by bipolar and related bipolar disorder and related disorders due to other condition-unspecified bipolar and related disordersThe main symptoms of bipolar disorder are intense emotional phases called mood episodes. These episodes can go from extreme happiness or joy (mania) to deep sadness or hopelessness (depression). Sometimes people with bipolar disorder experience both happiness and sadness at the same time (mixed state). When people with bipolar disorder go through mood swings, they usually experience severe changes in their energy and activity levels, sleep, and other daily behaviors. Psychotic symptoms, such as hallucinations or delusions, can also occur during severe episodes of mood. These can be frightening both for a person with bipolar disorder and for those around them. Bipolar disorder is usually a lifelong condition. While many people with bipolar disorder may remain asymptomatic for some time, their symptoms can return at any time. Sometimes those with bipolar disorder grow anxious during these periods without symptoms, uncertain when their next mood episode will occur. Living with bipolar disorder is not easy. But your support can have a positive effect on the life of someone with the condition, especially during episodes of mood swings. Here are 10 steps you can take to help someone with bipolar disorder:1. The more you learn about bipolar disorder, the more you will be able to help. For example, understanding the symptoms of manic and depressive episodes can help you respond appropriately with severe mood swings.2. Listen Don't always need provide answers or advice to be useful. In fact, simply being a good listener is one of the best things you can do for someone with bipolar disorder, especially when they want to talk to you about the challenges they face. Offering your acceptance and understanding can go a long way in helping that person feel more comfortable with their condition. You can become a better listener: actively pay attention to what you callstaying calm during conversationsavoiding argumentsavoiding all topics that seem to irritate or frustrate them3. Being a champion for people with bipolar disorder, it can sometimes feel like the whole world is against them. Ensuring a person is on their side can help them feel more stable. You do not have to agree with the behavior and actions of a person, but telling them that you will always have your back can be very beneficial. People with bipolar disorder often feel worthless or hopeless, so confirming their strong and positive qualities can help them recover more easily from depressive episodes.4. Being active in their treatmentTreating for people with bipolar disorder usually consists of many therapeutic sessions and visits to the doctor. While you should not necessarily attend these appointments, you can help someone with bipolar disorder by going with them and then waiting for them until their appointment is over. These appointments can sometimes seem complex or frightening for people with bipolar disorder. Having someone there who can offer support and talk to them can help relieve the stress or anxiety they may feel.5 Make a planBipolar disorder can be unpredictable. It is important to have an emergency plan in place if you need to use it during a severe mood episode. This plan should include what to do if a person feels suicidal during a depressive episode, or if a person gets out of control during a manic episode. You should also have daily schedules that can help a person get over time between extreme episodes. These plans can include coping mechanisms such as what a person can do when they feel the mood is coming on, or how to complete household chores or other daily activities when they have low energy levels. Make these plans when a person is in a calm and stable state of mind. It is best to write them down so that you can both easily return to them. Sometimes people with bipolar disorder can become quite impulsive when they are in the manic phase of their disease. When your lover is well, they can ask you to hold cash or credit cards for them, which minimizes the potential financial damage they can do to themselves while in the manic phase. If you agree, be prepared to be on the receiving end of some hostility when your lover demands that you give them your credit cards, bank books, or cash. Think in advance about whether you can deal with this before agreeing to support your loved one in this way.6 Support, do not pushY your support can be very useful for a person with Disorder. However, you need to know when to step aside and let a medical or mental health professional intervene. While people with bipolar disorder are able to make conscious decisions, you need to understand when their moods and behaviors are out of their control. Also, don't take it personally if a person is experiencing a setback while you are trying to help. Remember, you're both doing your best.7 Being understandingThat can be hard for people with mental disorders to understand what they are experiencing. Those with bipolar disorder may not know why their moods change. Trying to understand what a person is going through and offer you support can have a big impact on how they feel.8 Do not neglect yourselfAlthing you care for someone with bipolar disorder, it can be easy to forget about taking care of yourself. But before you help someone, you need to make sure that you have the time and emotional skills to do so. If you decide to help someone, make sure you get enough sleep, eat properly and exercise regularly. Keeping yourself healthy can better allow you to keep the person you are helping healthy.9. Be patient and remain optimisticBipolar disorder is a long-term condition, so symptoms come and go throughout a person's life. The disorder is unpredictable, with periods without symptoms alternating with extreme episodes of mood. For the sake of a person with bipolar disorder, try to remain patient and optimistic. This can help them stay on the road to a full, healthy life. 10. Know when it's too muchYou don't know how to manage bipolar disorder better than specialists trained to treat it. If you are helping a person with bipolar disorder and feel that things are too difficult to manage, contact a health or mental health professional immediately. Call 911 if the person becomes offensive or threatens to harm themselves or others. Helping someone with bipolar disorder can be a challenge. A person's moods will be unpredictable and it can be difficult to know how to react or cope. But if you try, you can make a huge difference in the life of your friend or loved one. Knowing that they can rely on you can help them stick to their treatment plan and stay more positive. It can also be rewarding for you to know that you are helping your friend or loved one cope with the ups and downs of life with bipolar disorder. Approximately 2.6% of Americans have experienced bipolar disorder in the past year, and at some point in their lives, around 4.4% of the population has experienced this condition. From manic-depressive, bipolar disorder is marked by severe mood and energy changes. While this disorder is a chronic condition without a known drug, most people can effectively manage their symptoms. There are several different types of bipolar disorder, and treatment depends on the diagnosis. Bipolar disorder, also known as manic depressive syndrome, is a brain disease that causes frequent mood swings and makes everyday activities difficult. According to the National Institutes of Health, the average age for onset of bipolar disorder is 25, although it can occur at any age. yngsa/Getty ImagesPeople with bipolar disorder have manic episodes that can last seven days or more. Manic episodes include high energy, a lot of activity and feelings of euphoria. Sometimes the episodes are so extreme that hospitalization is required. Depression of two weeks or more can accompany these manic stages. designer491 /Getty ImagesBipolar Disorder II involves at least one major depressive episode with at least one hypomanic episode. Hypomanic is a less extreme form of manic episode. A hypomanic person may experience talking faster, speeding up thoughts, hyper-alert senses, and needing less sleep to feel rested. MatiasEnElMundo / Getty ImagesThis type of bipolar disorder is marked by repeated manic and depressive periods for at least two years - one year for children and adolescents. However, these episodes are not as extreme as with bipolar I and bipolar disorder II. People with this condition rarely require hospitalization. electravk/Getty ImagesBipolar disorder is often diagnosed along with other mental illnesses, including attention deficit hyperactivity disorder (ADHD), anxiety, and substance abuse. In fact, nearly 10% of people with bipolar disorder also have ADHD, and up to 60% have some type of substance abuse problem. sdominick / Getty ImagesWhile there is no way to guarantee that a person will not develop bipolar disorder, timely treatment can keep the symptoms from worsening. In addition, it is wise to avoid alcohol or recreational drugs if you have a family history of bipolar disorder. If it is diagnosed, it is important to take medications according to the instructions to prevent deterioration of the condition. Slphotography / Getty ImagesSymptoms bipolar disorder include extreme shifts between high energy, manic periods and stretches of deep depression. During manic episodes, a person can feel seedy, irritable, productive and need little sleep. During depressed periods, a person can feel sad and hopeless, have little energy and experience a lack of interest in things that used to be enjoyed. KatarzynaBialasiewicz/Getty ImagesDiagnostics of bipolar disorder generally follows discussions with doctors or other mental health professionals. Usually, a complete physical examination is performed, which excludesphysical causes of manic and depressive episodes. Sometimes, those with bipolar disorder are not even aware of their symptoms, especially during the manic or hypomanic period. Doctors can misdiagnose bipolar as depression or other mental illness, meaning that people with the condition may wait longer to find permanent symptom relief. MatiasEnElMundo / Getty ImagesA effective form of treatment for bipolar disorder usually involves a combination of medication and therapy. Medications include mood stabilizers and antidepressants. Psychotherapy, also called talk Can help individuals and their family better cope with symptoms, as well as daily activities. wildpixel / Getty ImagesThere is no single cause of bipolar disorder. Genetic elements are unpredictable, and not everyone with a bipolar parent develops this condition. Factors in a person's environment, such as the loss of a loved one, an accident, or drug abuse, can provoke the onset of bipolar disorder. KatarzynaBialasiewicz /Getty Images Pictures

