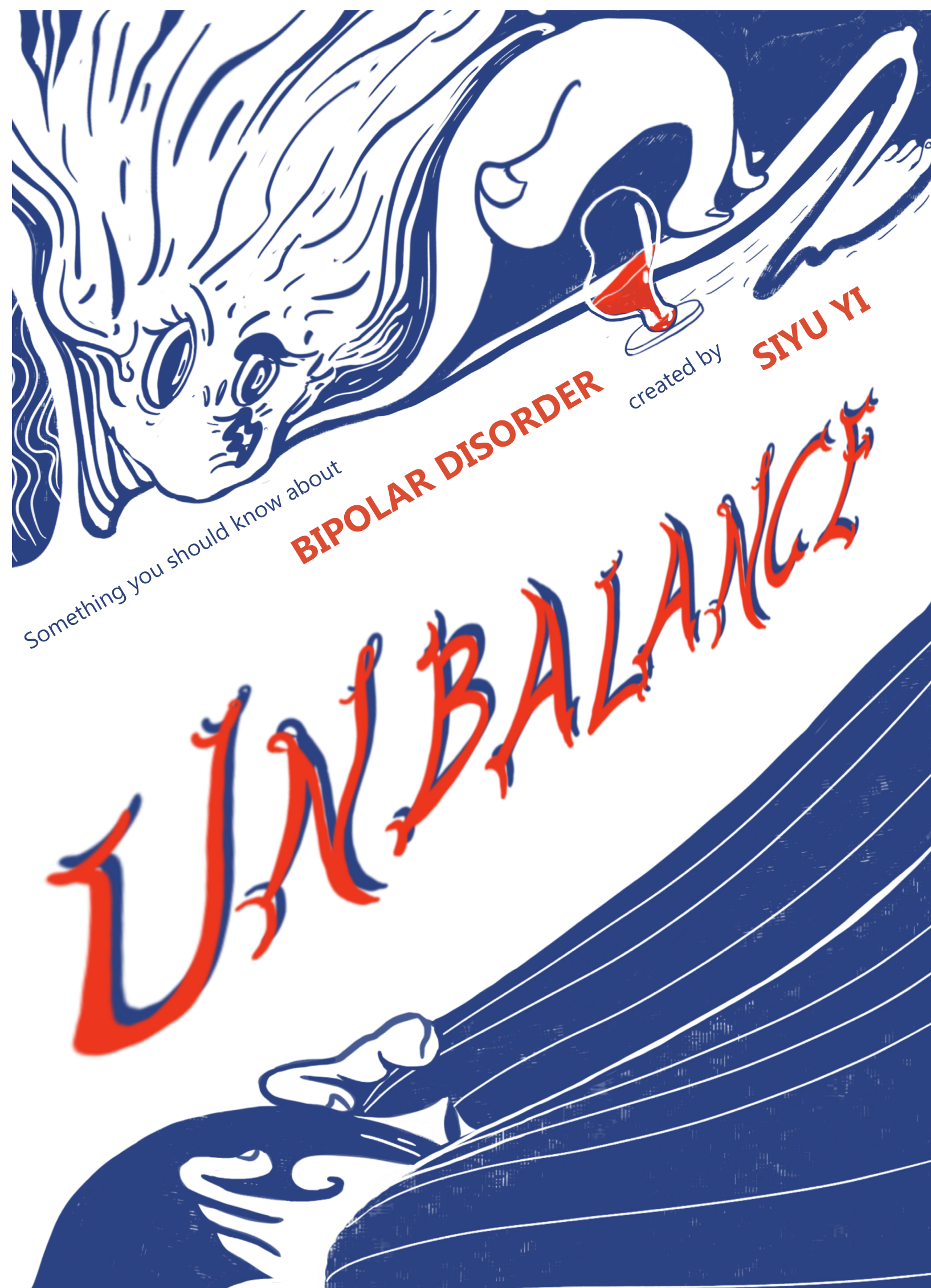
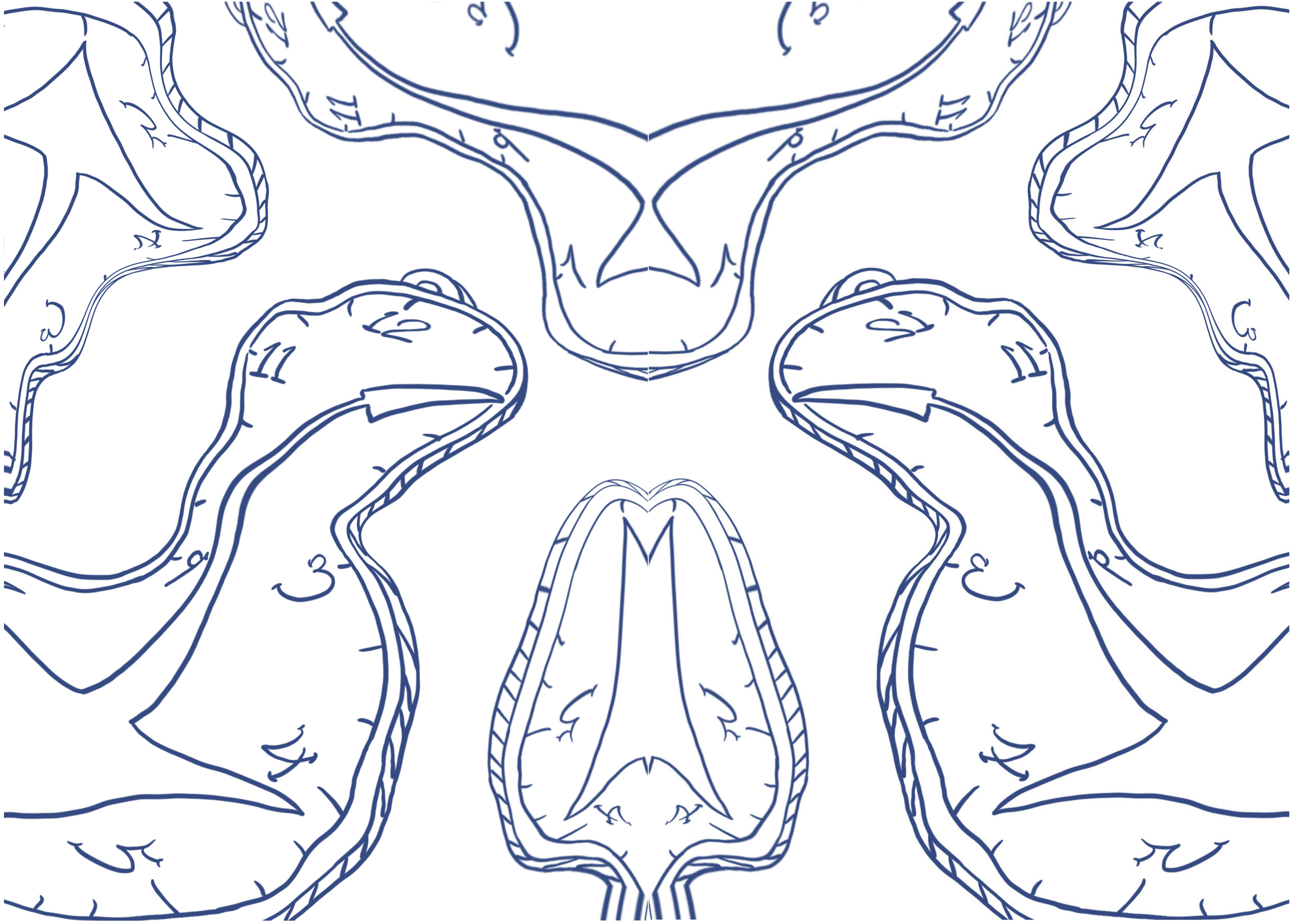


Bipolar disorder,

also known as bi-directional disorder, is a common mental disorder, where the person has both a manic and a depressive episode. In 2011, the WHO launched the Mental Health Survey Program, which revealed that the lifetime prevalence of bipolar disorder worldwide is 2.4 %. Due to the blurred boundaries between bipolar disorder and depression or anxiety disorders, it is often misunderstood and overlooked. By reading this book, you will be able to understand and differentiate between bipolar disorder and how to get along with people with bipolar disorder.





"Up!"

1

Definition

3

Feeling

5

7

Down...

11

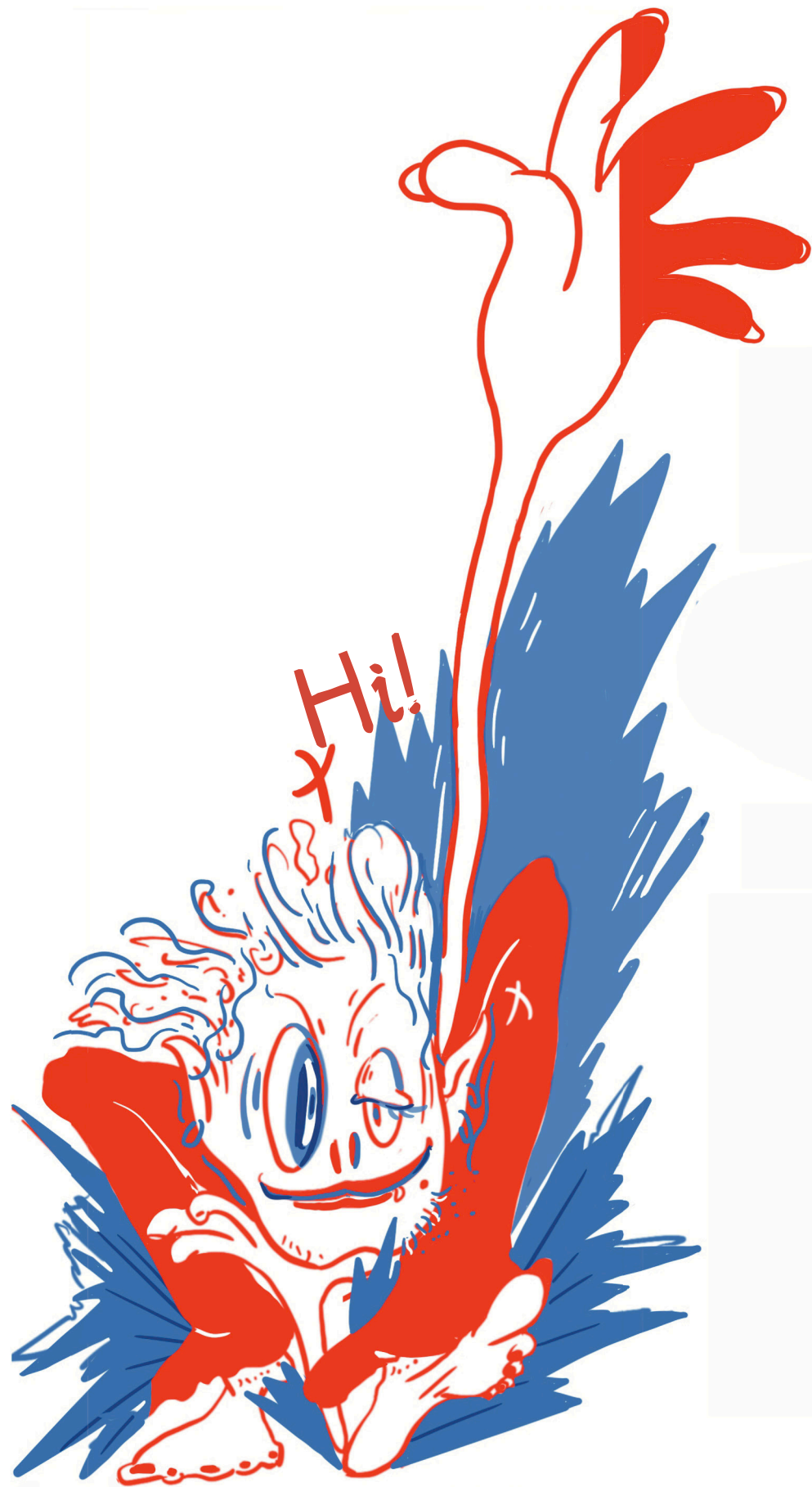
Reason

9

What I can do?

13

What you can do?

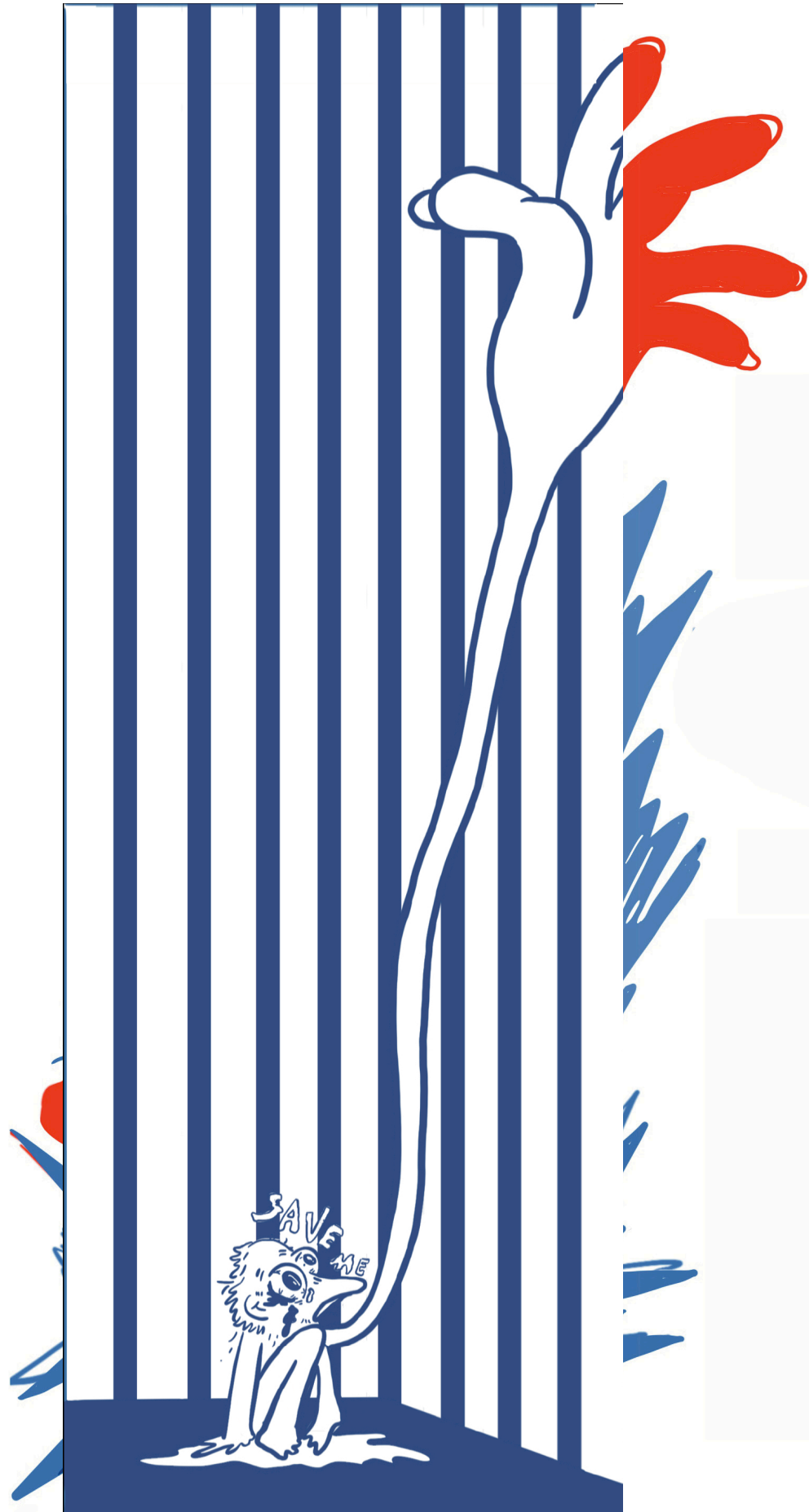


BIPOLAR DISORDER?

The word means "**two extremes**".

For the many millions experiencing it around the world, life is split between two different realities : **MANIC & DEPRESSION**.

For people with severe symptoms of bipolar disorder, finding a balance of healthy life could be a challenging task.



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HOW SHOULD I DESCRIBE THIS **FEELING** TO YOU...?

If I compare each person's life to walking a single-log bridge, then it's as if I'm **walking on A TWISTED, WEIRD CLOCK**, where the hours and minutes are uneven and their rotation is irregular.

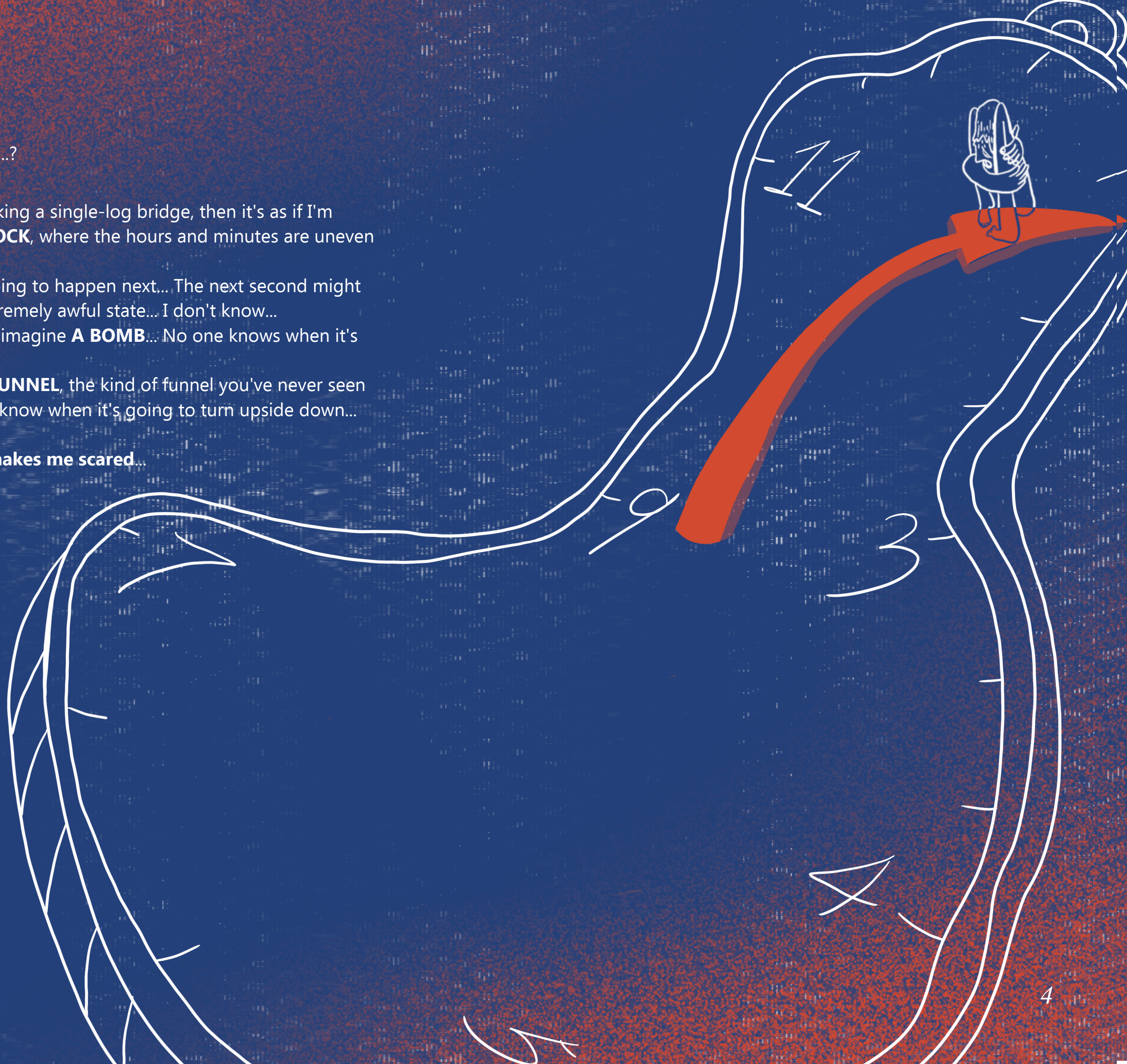
I don't know... I don't know what's going to happen next... The next second might be a fantasy state ... Or maybe an extremely awful state... I don't know...

They are uncontrollable... Or you can imagine **A BOMB**... No one knows when it's going to explode...

Or maybe it's **AN ODDLY SHAPED FUNNEL**, the kind of funnel you've never seen before... Time is passing... But I don't know when it's going to turn upside down...

Everything is unknown...

This feeling of being out of control **makes me scared**...





WHEN I BE IN

MANIC STATE

I can't stop talking! I talk about everything! You will never be able to interrupt me! And I talk very fast and I seem like a very talkative and active person!

My emotions are running high! If comparing my emotions to a thermometer, the mercury is about to spill out! No! It's already boiling and bursting out. It could be a momentary thing! Or... Have you ever seen a volcano erupt? Yes, that's it ! I become irritable ! No one can mess with me!

I felt like **I could do anything!** My life seemed to become so colourful. I was eager to try anything new, I didn't care what other people thought, I could even dance in the street! I am so gorgeous! I can handle anything perfectly, I'm a genius !

My ego started to swell and I started looking in the mirror non-stop. I was so beautiful and perfect!

My body is always making movements, and so is my brain. I'm excited! **I can't stop!**

I would **lose sleep**. My ever-running brain prevents me from staying in bed quietly. Sleep seems to be a tough thing for me.

WHEN I BE IN DEPRESSION

When I was in a period of depression, things were very different.

Thoughts and acts of death and suicide come to mind repeatedly... I know this is not a good thing,
but... I still can't control them...

Snacks I used to love so much are starting to lose their charm I'm starting to **lose my appetite** for
anything

I can't get out of my bed... I've **lost my curiosity** about everything... I've become lifeless... I feel useless
and my life is meaningless...

So many people watched me, pointed at me... I felt **so tired**...

I **feel bored** and sometimes I can't stop drinking. I wish alcohol would numb me so I could stop facing
these awful realities

My concentration began to wane, I started to become indecisive and my actions started to become
slow. I couldn't feel joy... Maybe taking some medication would make me feel better... But it was still
very dull... I was just living... I am just a hollow shell existing in the world



WHY

DOES BIPOLAR DISORDER AFFECT ME?

1. Complex brain circuits

Complex brain circuits are often the main cause of bipolar disorder.
Please open the illustrated page on the right to see what it is in the brain that affects us.



2. Medical condition or drug

3. Genetic factors

4. Social Trauma

5. Still being explored

WHY

DOES BIPOLAR DISORDER AFFECT ME?

1. Complex

Complex
Please op

The circuitry in my brain used to clean up excessive information and repair defects broke down. At the same time, the connections between nerves become disorganised, creating a network system that does not navigate properly, causing the brain to send out some erroneous signals. Especially during manic episodes, the neurotransmitter dopamine is overproduced and I become very messy.



2. Medical condition or drug

3. Genetic factors

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5. Still being explored

WHAT CAN I DO?

1.Cooperate with psychiatrist

Although being sick is a very difficult thing to embrace, I think it is equally important to accept it and face it in time. Maybe I could go to the hospital and find a therapist. In fact, it wasn't an embarrassing thing. On the contrary, I think I was very brave and I overcame my fears. Also, I need to trust my doctors and believe in their professional ability . You know, faith is important.



2.Medication

Yes, taking medication can be a less than comfortable thing to do. But I think, why not give it a try? Sometimes, taking medication can be fun. Take those little pills with different flavours and all that's left to do is wait a bit. Slowly, I noticed some changes in my body and my mind. It was amazing. Just one little pill can have such a big impact on my state of being My doctor would give me anti-psychotic medication so that I could control those naughty little things in my brain - dopamine. Or they'd give me lithium, a mood stabiliser when I had some dangerous behaviour or thoughts. Of course, everyone's situation is different. Therapist are very careful to tailor medication to our different situations and to help us gauge the side effects of these drugs.

3.ECT(Electroconvulsive therapy)

If medication does not work well for you, I suggest you also try ECT. It is sometimes called emergency therapy and works by delivering light electrical impulses to the brain, where a large number of neurons are activated to control the abnormalities in our brain. My friends and I have found this treatment are effective. Unfortunately, there still seems to be a degree of misunderstanding and prejudice against ECT. I think this is because in the early days, when medical technology was not so mature, patients would go into body spasms during treatment and they would even bite their tongues. I know, it sounds very scary. But modern ECT has improved so much that when I am put under general anaesthetic during the ECT, I am given a muscle relaxant to prevent the above-mentioned situation. The only reaction I had was a cramp in my foot; when I woke up, I felt very comfortable. So I think we can trust modern medicine and be positive about ECT.

4. The individual

In addition to relying on external medication and therapy, personal behaviour is also very important. Getting a good night's sleep, exercising regularly and staying away from narcotics and alcohol will also help a lot. In addition, I need to believe one thing - that being ill does not mean that it is "wrong" or that I am a "worthless" or "horrible" person. I can also believe that I am capable of getting along with my illness . Finally, there will be many "unappreciative" voices around me, but I don't think they matter. I still deserve to be loved. In addition, I am still surrounded by people who are willing to accept and understand me. I believe that these friendly people will accompany me in beating my illness. With bipolar disorder, when I recognise it, accept it and face it, I have taken the first step to success!

WHAT

CAN YOU DO?

Firstly, thank you for having a healthy body and mind.

Secondly, if you know of a loved one or friend who may be experiencing bipolar disorder, please don't blame them or think they are 'making a big deal out of it. You should know that the lack of understanding and stigma attached to this illness can be worse for us than the diagnosis of bipolar disorder itself. It is the cause of our avoidance of treatment and silence.

Thirdly, try to accept and understand us. Hold on to the belief that a person's illness does not define them.

Fourthly, take action. You can listen carefully to our feelings or talk openly about your thoughts and feelings, but please do not criticise. You can suggest or accompany us to the therapist and tell us that you will always be there for us. Alternatively, you can tell people in schools, organisations or communities what bipolar disorder is. I think that only when people are aware of bipolar disorder will they take action. At the same time, when more and more people do this, the goodwill we can feel will be more and this can provide a better social environment for us to stop avoiding treatment.

Finally, thank you for all that you do.
Please turn the right paper up.



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