

Contents

Acknowledgements

Introduction

1 What is Bipolar Disorder ?

Mania

Hypomania

Depression

Accepting the Diagnosis

Learning You Are Not Alone

2 Depression: The Black Cloud

Challenging Negative Thoughts

Managing Depression

3 A Personal Journey into a Psychiatric Ward

Life on a Psychiatric Ward

4 Family and Friends

Inclusion - Meet the Health Professionals

Family and Friends' Reactions to Bipolar Disorder

5 Positive Images

Tips on Finding Positive Role Models

Exercises to Increase Your Confidence and Positive Image

6 The Recovery Process

Tips to Increase Mental Health and Physical Health

Is Alternative Medicine an Option?

7 Disabling Aspects of Bipolar Disorder - Case Studies

How to Handle the Constant Roller Coaster of Mood Swings

How to Turn Negative Feedback in the Workplace into Positive

8 Enabling Aspects of Bipolar Disorder

Tapping into Your Creative Resources

Confidence to Make Things Happen

9 Networking with Health Professionals

Best Way to Handle Doctors

Keeping Your Family and Friends in the Loop

10 Transformation

Case Studies of Patients Who Live Successfully with Bipolar

Finding the Strength to Continue to Grow After Each Manic Episode

Recommended Reading

Useful Websites

Organizations Working With Mental Health

About the Author

About the Paintings