CLÍNICA VIVALDI · FREE SHEET · BIPOLAR AND RELATED

Bipolar I disorder

It is characterized by at least one episode of mania: days of euphoria or intense irritability, high energy, little need for sleep, and risky behaviors. It usually alternates with depressive episodes.

COMMON SIGNS

- Euphoria or irritability for days
- Sleeps very little without getting tired
- Impulsive spending, projects or behaviour

TIPS FOR YOU

1. Psychiatric treatment is key; don't stop it when you feel well
2. Keep regular sleep times
3. Identify your warning signs with the people around you

FOR FAMILY AND FRIENDS

1. Learn the warning signs and what to do together
2. Respect their rest and help keep routines

WHEN TO ASK FOR HELP

1. If they sleep very little for several days in a row
2. If they talk about death or harming themselves: 024 or 112

TO OBSERVE AND NOTE DOWN

☐ I have had days with tons of energy and hardly any sleep

☐ On those days I felt euphoric or very irritable

☐ I have spent money or made plans I later regretted

☐ I spoke very fast and jumped from one idea to another

☐ Other people noticed I wasn't myself

☐ I have also had periods of deep sadness

☐ My mood swings have caused me serious problems

☐ During some episode I needed urgent care

FREE RESOURCES

- Online test and tips: clinicavivaldi.com/en/trastorno/trastorno-bipolar-i
- Full article: Bipolar disorder: clinicavivaldi.com/en/trastorno-trastorno-bipolar
- Fundación Mundo Bipolar (Spanish bipolar disorder foundation): https://www.mundobipolar.org/
- In Spain: 024 suicide crisis line (24 h) · Emergencies 112