



# Bipolar Disorder Workbook

Name of trainee:

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**Bipolar disorder is a brain disorder, which causes unusual thought and mood changes. The term ‘bipolar’ describes mood swings being between two ‘poles’ – ‘manic’ or ‘depressed’. The ‘manic’ periods are referred to as ‘highs’ and the ‘depressed’ periods as ‘lows’.**

**Complete the paragraph below, using the words provided:**

When an individual is \_\_\_\_\_ between the two, this is known as a balanced \_\_\_\_\_. Generally, however, people living with bipolar tend to be \_\_\_\_\_ (low state) more often than any other state.

Bipolar disorder is a \_\_\_\_\_ illness which can make daily living difficult, and may never be completely \_\_\_\_\_. Bipolar mood swings are particularly \_\_\_\_\_ versions of mood swings experienced by people \_\_\_\_\_ bipolar disorder in terms of, for example, \_\_\_\_\_ patterns, energy levels and behaviour.

For some people, the highs and lows are quite \_\_\_\_\_, yet for others they are \_\_\_\_\_.

depressed	long-term	balanced	mild	without	severe
	sleeping	exaggerated	mood	cured	

**Complete the diagram below, which identifies behaviours that can occur when mania is being experienced by an individual living with bipolar. An example has been provided to get you started:**

<ul style="list-style-type: none"> <li>• Be so enthused about something they can't concentrate on anything else</li> </ul>	<ul style="list-style-type: none"> <li>•</li> </ul>
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What is the term for a mild form of mania?

Explain what 'psychotic mania' is:

Where an individual is experiencing mania and depression at the same time, this is known as ...

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**When a person experiences a manic episode in the midst of depression, it can be very dangerous, as they may feel energetic and care-free enough to harm themselves or others.**

**The symptoms of bipolar depression are similar to those of general depression. Complete the diagram below, to identify symptoms which may be common to people living with bipolar depression and general depression. An example has been provided to get you started:**

- Sadness
- 
- 
- 
- 
- 
- 
- 
- 
-

Identify the key features of the following types of bipolar disorder:

Type of bipolar disorder	Description
Cyclothymia	
Bipolar Disorder II	
Unipolar	
Bipolar Disorder I, also known as _____	

**Bipolar disorder is not fully understood.**

People living with bipolar disorder may have brain differences from people that don't. How might such differences be characterised?

An individual may be more likely to be diagnosed with bipolar disorder if there is a family history of major depression which might indicate a genetic disposition. Again, we're not certain.

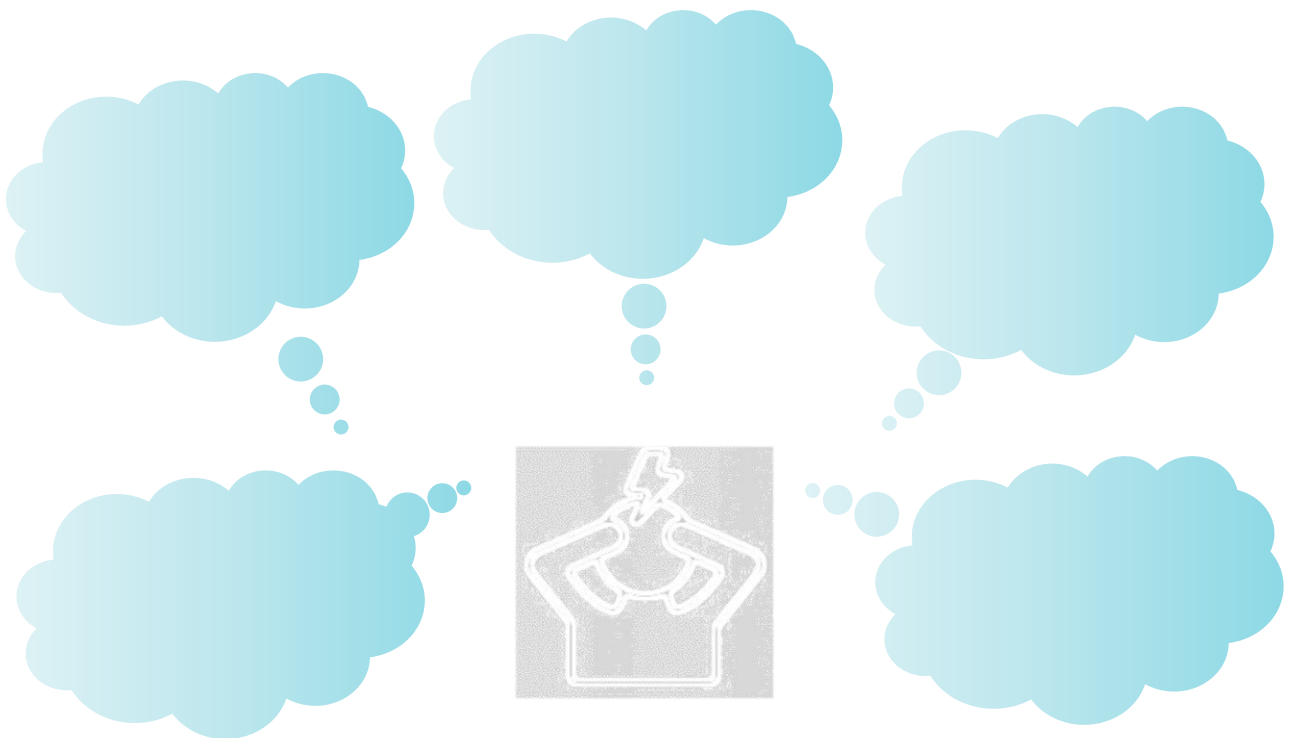
Complete the diagram below, to identify factors in an individual's life that may lead to a diagnosis of bipolar disorder. An example has been provided to get you started:

• Personality	•
•	•
•	•
•	•

**Symptoms, their frequency and severity vary. Episodes may lead the person to experience a wide range of emotions.**

Racing thoughts are a common symptom of bipolar disorder, which may lead people to believe they have incredible theories and discoveries.

**Identify 5 thought processes common in people living with bipolar:**



**Individuals living with Bipolar II are more likely to experience 'rapid cycling'. Explain your understanding of 'rapid cycling':**

People with bipolar disorder are more likely to experience psychotic symptoms during depression than people with regular depression. Give 2 examples of psychotic symptoms:

- 
- 

What common sign may indicate that a changing period of depression or mania is approaching?

**Symptoms may seem intensified when a person living with bipolar has abused drugs or alcohol.**

**If a person living with bipolar becomes pregnant (or is planning on becoming pregnant) they should notify their doctor as soon as possible, to ensure correct and safe medication is being administered.**

Living with bipolar disorder whilst pregnant can pose risk factors to the person and their unborn child. What are the possible risk factors:

- 
- 
- 
- 

**Complete the paragraph below, using the words provided:**

Diagnosis is essential as it can give the person living with bipolar an idea of what to expect in the \_\_\_\_\_ and therefore, how to manage the \_\_\_\_\_ more effectively. There are no medical \_\_\_\_\_ that can completely \_\_\_\_\_ an individual has bipolar disorder. Therefore, \_\_\_\_\_ can be wrong, symptoms can be misunderstood. Indeed, an individual's diagnosis may \_\_\_\_\_ over time.

diagnosis

future

confirm

tests

change

symptoms

**What happens if bipolar disorder isn't treated?**

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**Can bipolar disorder be cured?**

What are the 2 objectives of bipolar disorder treatment?

- 
- 

**It is unlikely that one treatment alone will be appropriate; a range of treatments may be necessary. Complete the diagram below, to identify types of treatments for bipolar disorder. An example has been provided to get you started**

• Counselling
•
•
•
•

**Medication may not be ideal, finding the right balance of treatments is usually a case of informed trial and error.**

**A doctor needs to be aware of an individual's medical history when prescribing medication.**

How long may it take for medication to be of benefit to the person living with bipolar disorder?

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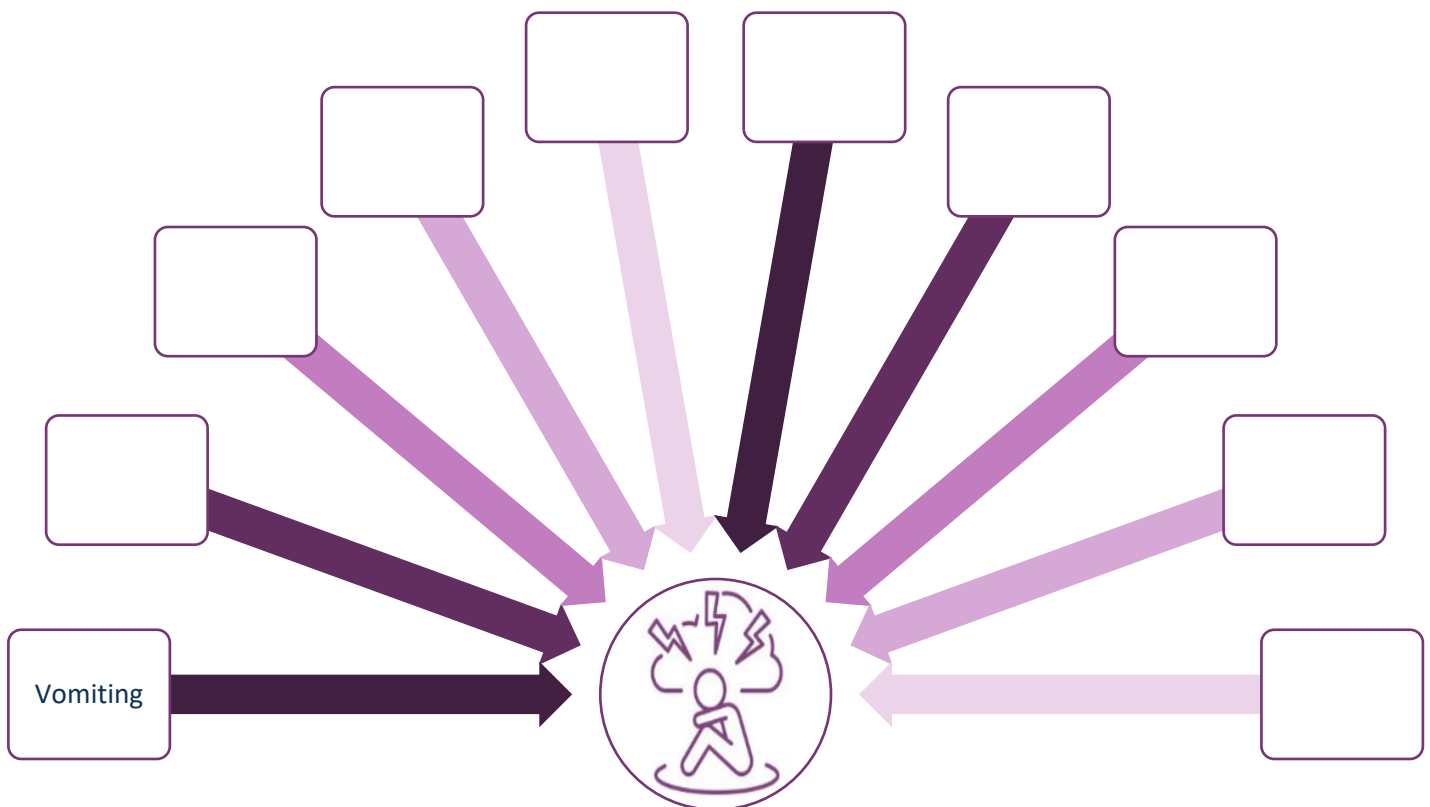
Sometimes, different medications taken alongside each other are the most appropriate option. Complete the table below, to identify examples of medications that may be prescribed and the function of each medication. An example has been started for you to complete:

Type of medication	Function of medication
Anti-anxiety medication	
	To tackle delusional behaviour and psychotic episodes

What type of medication may a person prescribed anti-depressants, also be prescribed? Can you give an example of this type of medication?

**Medication must be taken only as prescribed.**

Complete the diagram below, to identify some common medication side effects. An example has been provided to get you started:





**How can the side effects of medication be minimised?**

- ✓
- ✓
- ✓
- ✓
- ✓



**Urgent medical assistance should be sought if any kind of mania arises as a side effect of medication.**

**Many people may want to consider ‘alternative treatments’. Complete the diagram below, with types of alternative treatments available. An example has been provided to get you started: Reflexology**

▪ Reflexology	▪
▪	▪
▪	▪
▪	▪
▪	▪

**An individual’s doctor should always be kept informed of complementary treatments some may have harmful or unpleasant side effects or not mix well with medication.**

**Certain foods are believed to contribute to control and regulate mood, such as, for example:**

- Eggs
- 
- 
- 

**However, avoid certain foods and chemicals, such as, for example:**

- Nicotine
- 
- 
- 

**Whilst healthy eating is not a cure it is an influencing factor.**



Bipolar is a very difficult illness to understand, being in contact with people who live with it can be helpful. Support groups help reassure and educate individuals, whilst reminding them they are not alone.

**Complete the paragraph below, using the words provided:**

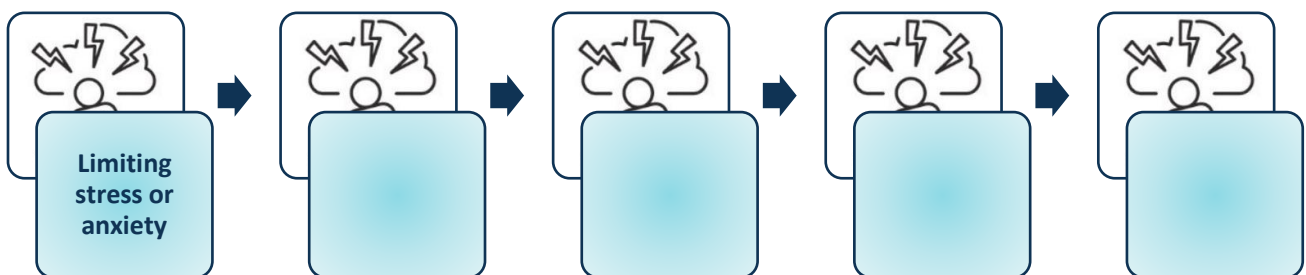
An extremely \_\_\_\_\_ effect of bipolar disorder is \_\_\_\_\_. The person may feel extremely \_\_\_\_\_ from the world, which could lead to, for example: drug or alcohol \_\_\_\_\_, poor \_\_\_\_\_ performance, poor \_\_\_\_\_ decisions, lack of \_\_\_\_\_, even poor \_\_\_\_\_ performance and \_\_\_\_\_ difficulties.

When a person living with bipolar disorder is in a \_\_\_\_\_ mood, their fear of \_\_\_\_\_ into a depressive or manic \_\_\_\_\_ can create high levels of \_\_\_\_\_. Being anxious during a manic or depressive episode increases the risks of \_\_\_\_\_ or \_\_\_\_\_.

If there is a genuine \_\_\_\_\_ that someone may harm themselves or others, \_\_\_\_\_ may be appropriate.

educational	negative	distant	loneliness	hospitalisation	risk
self-harm	suicide	anxiety	episode	relapsing	stable
relationship	work	motivation	financial	addiction	

Complete the diagram below, to suggest ways in which a person living with bipolar disorder can improve their quality of life. An example has been provided to get you started:





Recording moods and emotions can help people to understand an individual's illness. Knowledge of the illness can indicate when problems are arising, such as symptoms of a relapse.

What can you do to help an individual with Bipolar feel more secure?

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Complete the paragraph below, using the words provided:

A person living with bipolar disorder moods and \_\_\_\_\_ can be \_\_\_\_\_, so remain vigilant and \_\_\_\_\_ to changes within the person. An individual may not think straight when they are in a \_\_\_\_\_ state, therefore, don't take offence or try to force them to do something they don't want to do. Bipolar can, at times, be \_\_\_\_\_ and is often \_\_\_\_\_. Although caring for an individual may be \_\_\_\_\_, remember, they are living with a disorder and can't control their \_\_\_\_\_ moods.

Therefore, being \_\_\_\_\_ and communicating effectively, can significantly \_\_\_\_\_ an individual's \_\_\_\_\_ of life.

unpredictable	manic	sensitive	quality	improve	understanding
varying	challenging	misunderstood	confusing	behaviour	

Use the space below, to make your own notes to deepen your understanding of how you can effectively support clients living with bipolar disorder: