Bipolar Disorder: *It Doesn’t Define You!*

Optimum Performance with Bipolar Disorder

LIKE a CHAIR, YOUR STABILITY NEEDS FOUR “LEGS” for BALANCE

1. **MEDICATION**: work with your prescriber to find the right medication(s), the right dose(s); take medication consistently.
2. **SUPPORT**: from family, counselor, friends, campus and community support groups; share your story, help others.
3. **SELF CARE**: getting enough sleep, keeping a regular schedule, eating well, limiting caffeine, avoiding alcohol and drugs, scheduling time for relaxation, fun and exercise.
4. **EDUCATION**: knowledge is power! Learn all you can about having bipolar disorder; educate those who are important to you; be open to feedback.

What OSU STUDENTS with BIPOLAR DISORDER say:

“Don’t freak out about the diagnosis. You’ve probably had it a long time and you are the same person you always were. Now you have tools to help you cope.”

“Just stick to a routine for sleep and exercise. I always feel better when I exercise.”

“It’s really important to stay away from alcohol. Even though it seems it might cure for a bit, it hurts in the long run.”

“Build a strong support team with your family, friends, doctor, and counselor”

**Success = Ongoing Treatment + Personal Commitment!**

RESOURCES:

**OSU Campus Mental Health Student Organizations**: Active Minds, facebook.com/ActiveMindsOhioState; NAMI Ohio State, namiohiostate@gmail.com, namiohiostate.weebly.com

**Community Support**: Depression Bipolar Support Alliance, www.DBSAlliance.org/NorthwestColumbus
National Alliance on Mental Illness, NAMI, www.namiohio.org
National Institute of Mental Health: http://www.nimh.nih.gov
National Depressive and Manic Depressive Association: www.ndmda.org
National Mental Health Association: www.nmha.org
Depression Bipolar Support Alliance: www.dbsa.org

• BOOKS:
  Bipolar Survival Guide: What You and Your Family Need to Know, David Milkowitz;
  Loving Someone with Bipolar Disorder: Understanding and Helping Your Partner, Julie A. Fast and John D. Preston
  The Bipolar Workbook, Monica Ramirez Basco;
  An Unquiet Mind, Kay R. Jamison, PhD, personal experience
  Marbles: Mania, Depression, Michelangelo, and Me: A Graphic Memoir, Ellen Forney, 2012