

# Taking an Active Role

You started treatment for bipolar disorder. It is an important step. To help manage your condition, take care of yourself every day. Here are some things you can do that may help...

## Medicine

- ✓ Take your medicine every day as directed even if you have no symptoms.
- ✓ Tell your doctor how your medicine makes you feel.
- ✓ Find a good way to remember your medicine. Consider these tips:
  - ❑ Write down your medicines and when to take them.
  - ❑ Use a pillbox.
  - ❑ Put up a calendar.

## Talk therapy

- ✓ Keep your visits.
- ✓ Ask questions if you don't understand.
- ✓ Be open and honest.

## Self-care

- ✓ Read and learn about bipolar disorder.
- ✓ Track your moods and symptoms.
- ✓ Avoid triggers like too little sleep, skipped meals, street drugs or alcohol.
- ✓ List questions to ask your doctor.
- ✓ Consider joining a support group.