



INTRODUCTION TO BIPOLAR DISORDER

Enhancing Your Response to Employees with Mental Health Challenges

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The Three Rs

RECOGNIZE a mental health problem

REFER to a mental health professional

RELATE to those in distress

Understanding Bipolar Disorder



What is Bipolar Disorder?



Bipolar Disorder, is a mood disorder where an individual experiences both episodes of severe depression & mania or hypomania. These episodes are frequently cyclical or seasonal.

Types of Bipolar Disorder



- Bipolar I
- Bipolar II
- Cyclothymic



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a mental health problem

Symptoms of Bipolar Disorder

Manic Episode

- Getting little to no sleep and still feeling energized
- Making impulsive decisions
- Talking fast
- Difficulty concentrating
- Feeling unusually important or talented
- Engaging in risky behaviors
- Spending a lot of money impulsiveness
- Last at least 1 week

Hypomanic Episode

- Making risky financial decisions
- Feeling abnormally upbeat
- Racing thoughts
- Feeling jumpy or wired
- Lasts at least 4 days

Major Depressive Episode

- Little to no energy
- Loss of interest in activities
- Difficulty doing simple tasks
- Feeling hopeless and thinking about death or suicide
- Weight gain or loss
- Lasts at least 2 weeks



**The content discussed in this presentation does not provide medical advice. It is intended for informational purposes only. It is not a substitute for professional medical advice, diagnosis, or treatment.*

Bipolar I Disorder



- The primary type of Bipolar Disorder
- At least one major manic episode must be present
- Major depressive episodes may or may not be present



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Bipolar II Disorder



- Major depressive episodes must be present
- A pattern of hypomania episodes

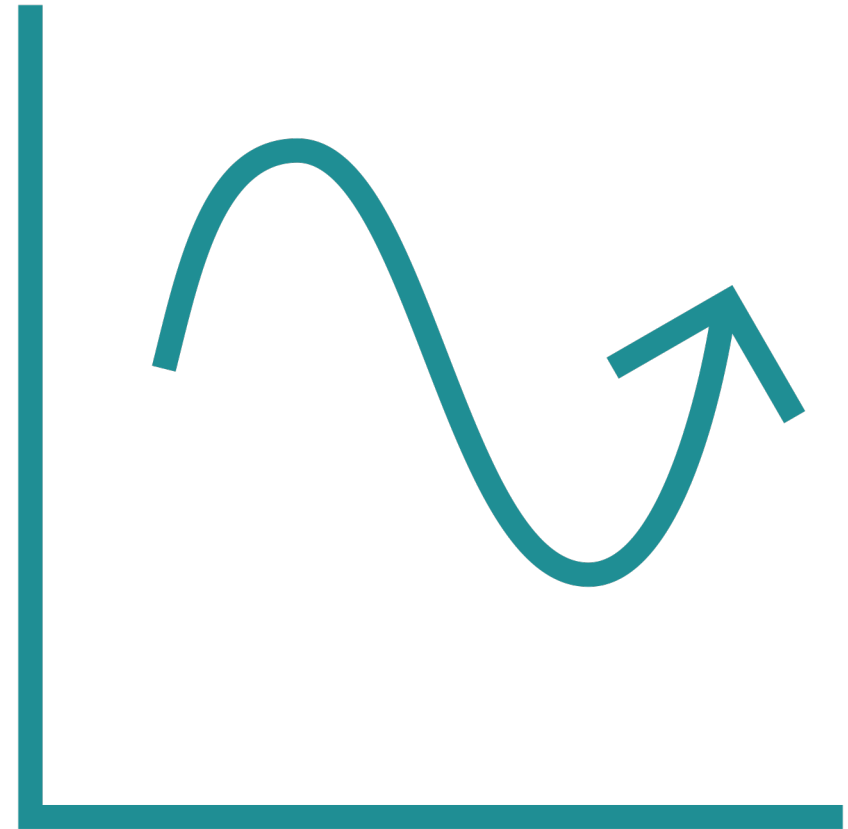


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Cyclothymia

- Milder form of Bipolar Disorder
- Many episodes of hypomania
- Periods of depressive episodes

(Must be present for two years in adults, and one year in children and teenagers.)



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What Causes Bipolar Disorder?



What Causes Bipolar Disorder?



- Genes are a big factor in causing bipolar disorder
- Brain Structure also plays a role
- Stressors can also trigger a manic or depressive episode

REFER

to a mental health professional



Treatment Options

In many instances, a combination of several treatments will be most effective.

- Medication
- Therapy
- Education
- Self-Management
- External Support

The Right Mental Health Provider

- Primary Care Doctor (General Practitioners)
- Counselors (LPC)
- Therapist (LMFT)
- Psychiatrist (MD, DO)
- Hospital & Treatment Facilities



RELATE

to those in distress

Relating to someone with Bipolar Disorder

- Compassion and understanding
- Medication management
- Psychoeducation
- React calmly and rationally
- Diagnosis is not who they are
- Shift in language of the disorder



Did you know?

- Research has linked creativity and bipolar disorder.
- Many Creatives throughout history, including Vincent Van Gogh, had bipolar disorder



Gateway to Hope Resources:



FACT SHEET



RELATE SHEET



TOPIC BLOG



FACT SHEET

Bipolar Disorder

About Bipolar Disorder

Bipolar disorder is a mood disorder that is categorized by drastic highs and lows. This mood disorder can be dangerous if not treated as manic episodes are categorized by impaired judgment and impulsive decisions. Suicide is also a risk with bipolar disorder, and suicidal thoughts can occur both in a depressive or manic state. Effective Treatment for this disorder can help individuals with bipolar disorder manage their symptoms.

Bipolar Disorder Facts



There are three types of bipolar disorder

Bipolar I is categorized by manic episodes and depressive episodes. Bipolar II is categorized by depressive episodes and at least one hypomanic episode (less severe than mania). Finally, cyclothymic is mood changes that are not severe enough to fit the Bipolar I or II criteria.



Cycles of depression and mania vary

Individuals with bipolar disorder will see cycles of mania and depression with varying times in between cycles. Additionally, the length of each episode of mania and depression will vary from person to person, and even for the individual. Typically, depression will last longer than mania.



Effective treatments for bipolar disorder exist

Treatment for bipolar disorder includes medication and therapy. Symptom monitoring and self-care are also important components of this disorder. Stopping bipolar disorder medication without speaking to a professional can be dangerous.



Prevalence

4.4%

of the US population experience Bipolar Disorder in the U.S. The median age of diagnosis is 25, but bipolar disorder can be diagnosed at any age.



Research has shown links between creativity and bipolar disorder. Finding a creative outlet can be beneficial for these individuals.



RELATE SHEET



BIPOLAR DISORDER

Generally, managing your sleep and stress are two of the most critical components of managing your overall wellness. Those with bipolar disorder should prioritize managing these two components as studies have shown that sleep deprivation and stress can trigger a manic or depressive episode. Keep the reminders below in mind so you can take the best steps toward wellness!

SLEEP



Go to sleep and wake up at the same time everyday, including weekends!



Avoid napping during the day



Limit stimulants, such as caffeine to the morning.
Avoid stimulating conversations near bed time.

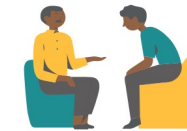
STRESS



Start practicing relaxation techniques such as breathwork, and meditation.



If you are feeling overwhelmed journaling your emotions or even just jotting down what is on your mind will provide stress relief.



Find someone to talk to.
Don't hesitate to reach out to a friend or a therapist.

RELATE: TOOLS & APPLICATION





TOPIC BLOG



BIPOLAR DISORDER IN THE WORKPLACE

Bipolar disorder greatly affects an individual's mood in a way that can be very disruptive in every facet of the individual's life, including work. This disorder causes dramatic shifts in mood and energy levels in an uncontrollable way. The good news is that many people who work with healthcare professionals to treat their bipolar disorder can certainly manage their symptoms in a way that allows them to live a balanced and functional life in and out of work

Bipolar Disorder: Mania and Depression

Mania symptoms can mimic a high. Manic episodes include initial feelings of being elated, energized, and inspired but can quickly turn into delusional thinking, hallucinations and dangerous behavior. Other symptoms include talking very fast, becoming more irritable, overspending, and insomnia. Those individuals who experience bipolar disorder will experience manic episodes at varying degrees of severity. Hypomania is a term used to describe a light state of mania. Hypomania is difficult to catch as it can be disguised as a good mood, therefore many people do not realize they're experiencing a manic episode, and consequently do not get diagnosed accurately.



Depressive episodes experienced by those who have bipolar disorder manifest similarly to those who experience depression. These symptoms may include a decrease in energy, losing interest or pleasure in all activities, suicidal thoughts and sleep changes. Suicide is a very real risk associated with those who experience bipolar disorder so additional caution needs to be placed on any type of suicidal ideation.

In the Workplace

The unpredictable nature of work, and the stressors associated with work can be a distinct challenge for employees who experience bipolar disorder. Finding a trusted colleague to lean on for support can be a helpful resource for the more challenging days of bipolar disorder.

RECOGNIZE

The Hope Line



The Hope Line
(832) 831-7337
RELIEF. JUST A CALL AWAY

Open daily 5-8pm
*In case of emergency

HHCI Hope and Healing Center & Institute

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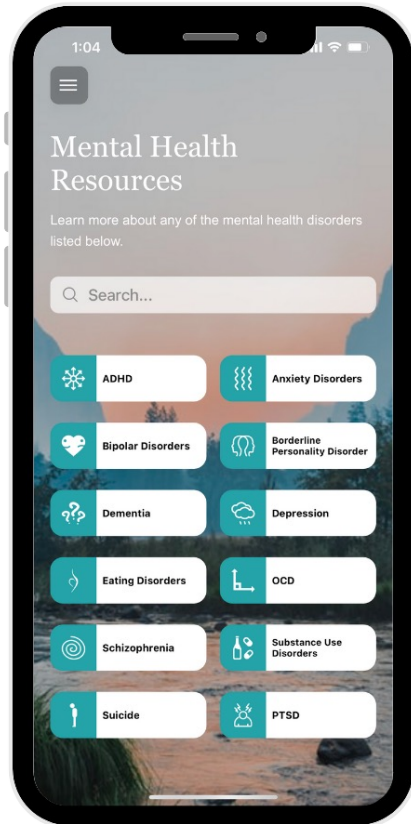
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Mental Health Gateway Websites



MentalHealthGateway.org
MentalHealthGateway.org/es

Mental Health Gateway App



- Mental health resources
 - PDFs
 - Videos
 - Guides and Workbooks
- Easy access to trainings
- Special features for Mental Health Coaches
 - Forum
 - Access to GTH Provider database

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