A PAUSE, A PRACTICE, A NEXT STEP

Bipolar I and Bipolar II Disorders

Understanding changes in mood, energy, and sleep.

Use a few words, draw, or talk this through. Skip anything that does not fit. This is an educational worksheet, not a diagnostic test or a substitute for care.

Write down changes

Note how long you slept, how much energy you had, and what felt different. Bring those notes to your care team. Include times of high energy as well as low mood.

01 / Notice and reflect

What changes in my sleep or energy have I noticed?

02 / Notice and reflect

What might someone close to me notice first?

03 / One next step

What will I try next, and what support would make it easier?

When to seek help: Call your care team promptly if you need much less sleep and feel unusually energized or start taking risks. A clinician can assess the pattern and plan care with you. If you feel unable to stay safe or act safely, seek emergency care now.

Read more: National Institute of Mental Health · Bipolar disorder

More tools and immediate support: Our Healing Room / Crisis Support.

U.S. crisis support: call or text 988. In immediate danger, call 911.