A PAUSE, A PRACTICE, A NEXT STEP

Bipolar I Disorder

Recognize a major change in mood and energy.

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.

What changed first?

Make a short note of sleep, energy, and decisions that were unusual for you.

01 / Notice and reflect

What changed first?

02 / Notice and reflect

Who can help you spot a change?

03 / One next step

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

When to seek help: Contact your care team promptly for signs of mania. Get urgent medical help if you feel unable to stay safe or lose touch with reality.

Read more: National Institute of Mental Health · Bipolar disorder

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