A PAUSE, A PRACTICE, A NEXT STEP

Bipolar II Disorder

Notice both the low and high-energy periods.

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.

When did your energy shift?

Note a low period and a period when you needed less sleep or felt unusually active.

01 / Notice and reflect

When did your energy shift?

02 / Notice and reflect

What would you tell your clinician?

03 / One next step

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

When to seek help: Ask for a mood assessment if high-energy and depressed periods return. Seek urgent help if you feel unable to stay safe.

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.