



# The Beginners Guide to Bipolar Disorder

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## **The Beginners Guide to Bipolar Disorder** Ambar Green

Bipolar disorder is a medical condition where a person faces extreme changes in energy, mood and activity level. The person often goes through extreme phases, where he is excessively depressed or euphoric. The mania phase where the person experiences excitement and elevated mood levels can last for weeks together. In such a phase the person can feel like everything around him is under his control. The depressive phase where the person feels depressed and excessively sad can also continue for weeks. The person will experience dull phases which will leave him exhausted and drained out of all the energy. Bipolar disorder is extremely hard on the person suffering from it. If you wish to help or effectively deal with a person suffering from bipolar disorder, you need to be well aware.

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