

Bipolar Workbook

SECTION 1: UNDERSTANDING BIPOLAR DISORDER

Exercise 1: Identifying Triggers

Exercise 2: Mood Journal

Exercise 3: Symptom Inventory

SECTION 2: MANAGING EPISODES

Exercise 4: Early Warning Signs

Exercise 5: Coping Strategies

Exercise 6: Medication Tracker

SECTION 3: LIFESTYLE AND SELF-CARE

Exercise 7: Sleep Hygiene

Exercise 8: Daily Routine

Exercise 9: Stress Management

SECTION 4: BUILDING A SUPPORT SYSTEM

Exercise 10: Support Network

Exercise 11: Communication Plan

Exercise 12: Crisis Plan

SECTION 5: REFLECTING AND GOAL SETTING

Exercise 13: Weekly Reflection

Exercise 14: Future Goals

RESOURCES

Emergency Contacts

Professional Contacts

Self-Help Resources