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Bipolar Disorder Self Help 50 Natural Ways Without

Exercises such as: walking, biking, running, and/or swimming are low impact, easy on your body, and good for your mind. It can also alleviate or reduce symptoms of bipolar disorder.

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Bipolar disorder Wikipedia

Bipolar disorder, previously known as manic depression, is a mental disorder that causes periods of depression and periods of abnormally elevated mood. The elevated mood is significant and is known as mania or hypomania, depending on its severity, or whether symptoms of psychosis are present. During mania, an individual behaves or feels abnormally energetic, happy, or irritable.

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Psychosis Wikipedia

Psychosis is an abnormal condition of the mind that results in difficulties determining what is real and what is not. Symptoms may include false beliefs (delusions) and seeing or hearing things that others do not see or hear (hallucinations). Other symptoms may include incoherent speech and behavior that is inappropriate for the situation. There may also be sleep problems, social withdrawal

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