

# Wellbeing Tips for Bipolar



Build a trusted network of people around you to support low mood

Make a plan for how you want to be treated when you need help



Teach people you trust how to spot signs of mania, and when you might need intervention

Prioritise keeping your stress levels in check



Monitor your moods using a mood diary (FormScore works well too :)

Eating a balanced diet can help to support a calm mood



Get to know your triggers

Exercise regularly to trigger feel-good chemicals in your brain



Learn your warning signs before an episode

Take steps to ensure a good night's sleep

