

DTDF Essentials

Bipolar Disorder Breakdown Cheat Sheet

Understand the Signs. Know Your Options. Track What Matters.

Key Signs of Bipolar Disorder

- Extreme mood shifts (mania & depression)
- Sleep disruption — little or too much
- Impulsive behaviors or risky decisions
- Sudden loss of interest in normal activities
- Episodes lasting days, weeks, or longer

Helpful Tools to Stay Balanced

- Mood Tracking Apps (Bearable, Moodpath, Daylio)
- Sleep Tools (Sleep Cycle app, blue light filters, weighted blankets)
- Wearables (Apollo Neuro, Sensate for calming)
- Online Therapy (BetterHelp, Talkspace)

Emergency Signs — When to Seek Immediate Help

- Suicidal thoughts or self-harm urges
- Hallucinations or extreme delusions
- Dangerous or reckless behavior
- Inability to function for days or more