

DTDF Essentials

Support Without Burnout — Bipolar Caregiver Cheat Sheet

Care for Them. Protect Yourself. Stay Grounded Together.

What You *Can* Do

- Listen without trying to fix
- Track mood patterns together using mood apps (with consent)
- Help build structure with reminders for meds, sleep, and meals
- Support therapy and treatment — without pressure
- Check in during calm times, not just during episodes

What You *Shouldn't* Do

- Try to be their therapist
- Ignore your own mental and physical exhaustion
- Blame yourself if they relapse
- Keep quiet about your own needs
- Assume love alone can 'fix' bipolar disorder

Self-Care Prompts for You

- When did I last rest or say no to something for myself?
- What boundary have I been afraid to set?
- What emotion have I been holding back?
- Who is supporting me right now?
- What would I say to a friend in my position?