

What is **Bipolar** Disorder?

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What Does “Bipolar” Means..?

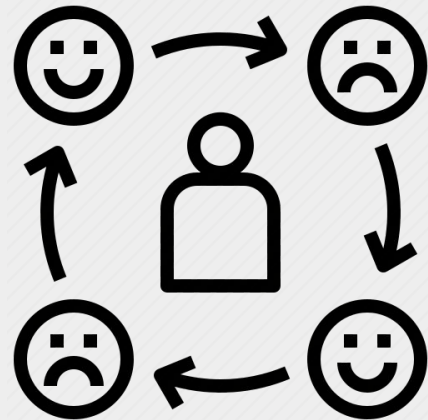
The word bipolar means 'two extremes.'

For the many millions experiencing bipolar disorder around the world, life is split between two different realities: **elation** and **depression**.

How Bipolar Disorder Looks Like?

Most of bipolar disorder divided into 2 types of symptoms below,

- **Type 1** : **extreme highs** alongside the lows
- **Type 2** : involves briefer, less extreme periods of elation interspersed with **long periods of depression**.



How Bipolar Disorder Looks Like?

The **‘extreme highs’** also known as manic episodes, and they can make a person range from feeling irritable to invincible. But these euphoric episodes exceed ordinary feelings of joy, causing troubling symptoms like racing thoughts, sleeplessness, rapid speech, impulsive actions, and risky behaviors. Without treatment, these episodes become more frequent, intense, and take longer to subside.

The **‘depressed phase’** of bipolar disorder manifests in many ways - a low mood, dwindling interest in hobbies, changes in appetite, feeling worthless or excessively guilty, sleeping either too much or too little, restlessness or slowness, or persistent thoughts of suicide.

These symptoms are hard to deal with if we want to live a balanced and healthy life, it constantly distracts our mind.



What is Bipolar Caused by?

Bipolar disorder can be genetic, this proves how brain ability and neurons affects are important to maintain a healthy function (neurotypical), but for bipolar disorder it's proven something abnormal by using functional magnetic resonance imaging. Scientists have discovered that the brain's pruning ability is disrupted in people with bipolar disorder. That means their neurons go haywire and create a network that's impossible to navigate. With only confusing signals as a guide, people with bipolar disorder develop abnormal thoughts and behaviors.

Why We Have to Know About This?

Mental health is just as important as our physical health too, it could cause another physical disease if our mind is not in a peaceful state. It shouldn't be underestimated mental health needs more awareness and understanding from society. It also has direct impacts on preventing an increasing number of suicides and self-destruction behaviors.

Get to know more about psychology terms!

Manic episode is about ____ phase of a person with bipolar symptoms.

- A) very calming
- B) shocking and traumatic
- C) extremely unstable

Some people may have **brain fog**, which means ____.

- A) hallucination of a fog in their eyesight
- B) fuzzy thinking with confusions and lack of focus
- C) headache that makes people feel sleepy

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Search & explain the definitions for underlined words!

Someone who is neurodivergence(1) may has psychotic symptoms, like disorganized speech and behavior, delusional thoughts, paranoia(2), and hallucinations can emerge during extreme phases of bipolar disorder.

This is attributed to the overabundance(3) of a neurotransmitter(4) called dopamine(5). Some people with vary mental disorders experiencing dissociation(6), which isn't a normal symptoms compared with neurotypical(7) person.

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1. **neurodivergence** : natural variations in how people's brains function.
2. **paranoia** : Thoughts or a feeling of extreme distrust or fear of others.
3. **overabundance** : having more of something than is usual or necessary (excess).
4. **neurotransmitter** : chemicals in the brain that transmit signals between nerve cells, influencing various functions such as mood, memory, and muscle control.
5. **dopamine** : a neurotransmitter regulating mood, pleasure, and reward. It's often associated with feelings of motivation and happiness.
6. **dissociation** : A mental process where a person disconnects from their thoughts, identity, consciousness, or surroundings.
7. **neurotypical** : an individuals whose neurological development and functioning are within the typical range, someone who doesn't have a neurodevelopmental disorder.