

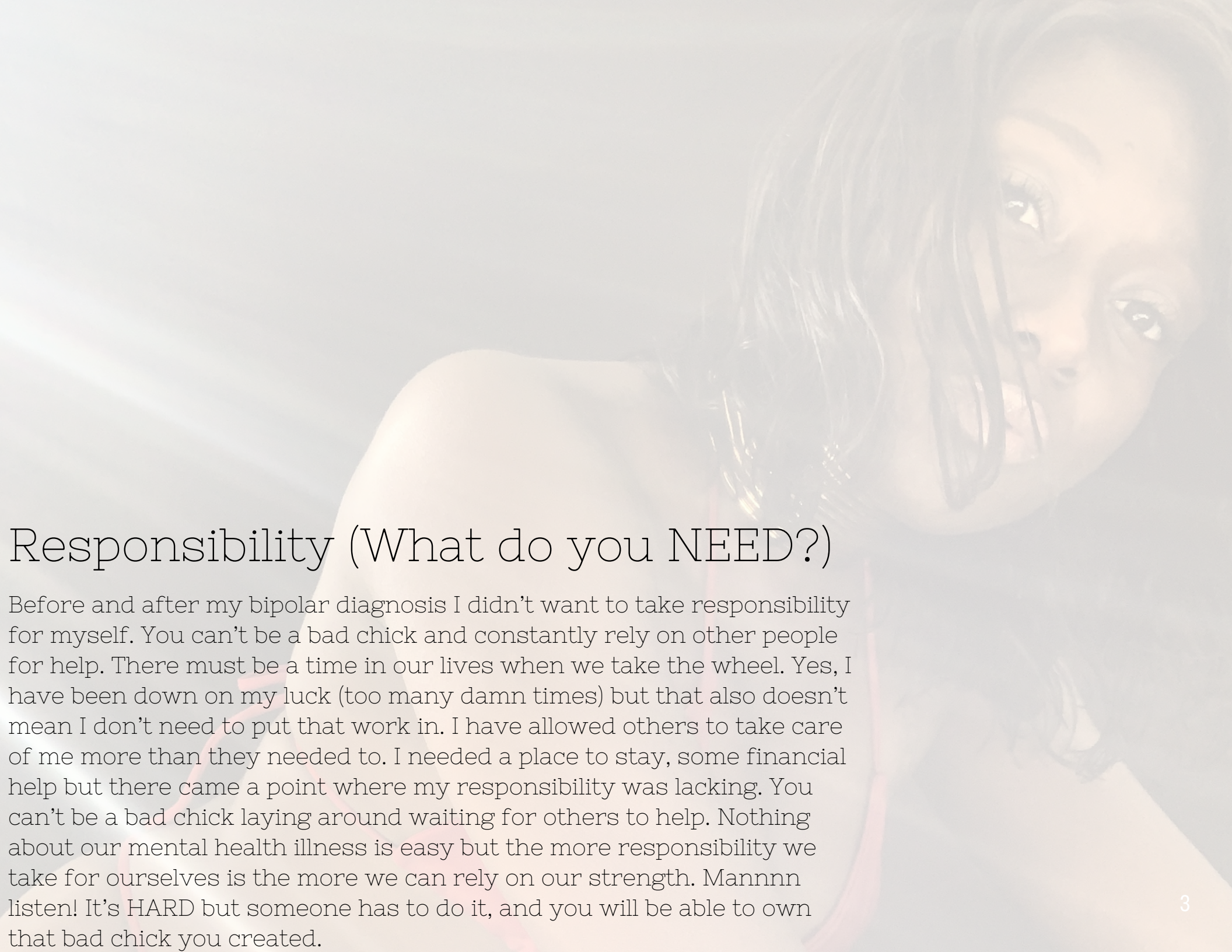
Introduction

I didn't know what hit me when I was diagnosed with Bipolar 1 Disorder. Trust me, I tried to make every excuse about why the doctor was wrong and I was right... But nothing made much sense. I was all the way assed out, feeling stuck and afraid for my future. There wasn't anyone that could show me the way, I had to follow a whole new regimen to guarantee some level of success. (WTF) This guide is for those stuck at that place. I WISH, I had something that would help me understand how to start working on myself and working through my mental health. Well, we came up with a few quick tips, things that I did to find my way to some dry land. My Bipolar 1 diagnosis had me drowning but now I have sailed safely to shore (sound's cute right). This quick start guide on how I became a Bad Bipolar Chick is an amazing tool. In these tips, you'll find peace or how to stay in peace.



Accountability (Own it, It's all you!)

I can't count how many times my bipolar disorder got me into trouble. I didn't have a grip on myself or really anything at all. Before I could start my journey, I had to look at who I was. I had to take accountability for my BAD attitude (which I can control) and for my mental illness, (which I can't control). I had to pull myself apart. Find out the reasons for my attitude, my insecurities and then take a look at my bipolar and see where they met. I don't always have the control I would like over my Bipolar, but I can work on clearing out my BS and making way for a better life. Being a bad chick is about owing your shit... Own when you're wrong and move that out of the way. Be accountable for YOU!



Responsibility (What do you NEED?)

Before and after my bipolar diagnosis I didn't want to take responsibility for myself. You can't be a bad chick and constantly rely on other people for help. There must be a time in our lives when we take the wheel. Yes, I have been down on my luck (too many damn times) but that also doesn't mean I don't need to put that work in. I have allowed others to take care of me more than they needed to. I needed a place to stay, some financial help but there came a point where my responsibility was lacking. You can't be a bad chick laying around waiting for others to help. Nothing about our mental health illness is easy but the more responsibility we take for ourselves is the more we can rely on our strength. Mannnn listen! It's HARD but someone has to do it, and you will be able to own that bad chick you created.



Honesty (Keep it real!)

At one point in my life, my default answer to anything I was uncomfortable with was a LIE (yes!). Being honest about who you are isn't for anyone else but the person being honest. My bipolar diagnosis cut me so deeply, I took the road no one should travel. I lied. Lying was a way for me to mask my mental illness and create the persona of who I wanted to be. All dem lies gave me a headache! After a while, I learned telling the truth was a lot easier. Dealing with the shame and insecurity of my illness, I see why trying to create something better intrigued me. BUT I didn't have to lie about who or what I am. All I had to do was be honest with myself and let that truly heal and lead me. A bad bipolar chick knows one thing, we're too amazing to lie. Own You and keep it moving!



Calm Down (Relax!)

I cannot stand the anxiety that comes with my mental illness. Being diagnosed with OCD as well as Bipolar 1 disorder I have more than my fair share. There are times when my anxiety meets with my mania and it's a VERY bad scene (Disaster). Tooooo many times people have told me, 'Calm down'. I can't lie, most times I deserved a lot harsher reaction, because my energy didn't match the issue. A bad chick knows another thing, and that's how to keep it together even when it's not together. Take life one day at a time, breath, relax, and remember... You're more than halfway to that bad bipolar chick...



Listening (Take Advice)

There was no way I would allow my bipolar disorder to overtake me. I fought day and night just to 'make it through'. Not listening to others' opinions left me without any lessons to reference, only my own. Yes, we gain experience and knowledge from our own lives, BUT we can also listen to what others went through. Don't get me wrong, not all advice is created equal but it's worth an ear. A bad chick is always looking for ways to improve. Now's let's improve! (GO!!)



Mindful (Awareness)

I know I know... Everybody and their mommas have been talking about mindfulness. But it is very important. I was so used to always being myself, never matching the occasion with my actions. Always being and doing what I wanted, where I wanted but I had to get a better grip on my life. Not all boxes need to be checked but some do! When I started to put mindfulness into play, I realized how much I had been stuck. I didn't evolve. How could I be a bad chick when I didn't know how to be aware of who I was.... (Right) Taking the road very well-traveled I wanted to grab my life by the neck, and by doing that mindfulness helped me. Pay attention to what you are saying and how you are acting. Make adjustments that will help you to achieve the goal of becoming a bad bipolar chick.



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For anyone needing help:

<https://www.mhanational.org/finding-help-when-get-it-and-where-go>