



An Initiative By "Consult Aniket"

Afzan Yas

OPENS UP ABOUT HER
"BIPOLAR DISORDER"

KEEP WINNING!

In a simple way, can you educate us about "Bipolar Disorder"?



"Bipolar disorder was formerly known as manic depression. A person with bipolar disorder experiences both extreme ends of the emotional spectrum which result in depression and mania/hypomania. Symptoms may be different in different people but the common denominator is the inability to control the low and high moods."

How & when did you find out that you have "Bipolar Disorder"?



"It was 2019 and I just went through a major depressive episode triggered by an emotionally draining experience. At that time, I didn't know I had bipolar disorder. The depression worsened and manifested into suicidal behaviour. That scared me to the core. I decided I had to do something before I harm myself or others. My best friend took me to my first psychiatrist appointment. After a few sessions, I was diagnosed with bipolar II disorder."

How has been your personal experience so far. living with "Bipolar Disorder"?



"I've always thought that I was not normal. For some reason, I was always the odd one out but I couldn't really say what it was that made me that way. There were always bouts of extreme sadness, feelings of emptiness, irritability, despite my accomplishments as a straight A student.

When I was in university for my Diploma in Architecture, I had a major depressive episode that lasted for months. I almost failed my final year. I missed..."

How has been your personal experience so far, living with "Bipolar Disorder"? (Contd...)



"...group assignments as I isolated myself from everyone. Thank God I passed. Then, I continued to the Bachelors in Architecture program. Hypomania hit. Endless train of creative ideas rushed through my mind to the point of sleeplessness. My mind wouldn't quiet down. I was a totally different person. I was a social butterfly (which was surprising coz I don't like people). I excelled in my studies and even got on the Dean's List twice. I graduated with honours..."

How has been your personal experience so far, living with "Bipolar Disorder"? (Contd...)



"... I was 38 years old when I was diagnosed. So basically I lived more than half my life with symptoms of bipolar disorder without realizing it.

Once I started therapy and medication, I worked on my recovery and took one day at a time."

*What is it that you are doing
(medically & otherwise) to
overcome "Bipolar Disorder"?
How happy & healthy are you
with these results & effects?*



"I am on medication, and will probably be on medication for the rest of my life. I am ok with that. If there is no shame in taking lifetime medication for heart and kidney diseases, why should I be ashamed to be on medication for my mental health? My psychiatrist first suggested journalling,

which I did. But after some time, it became a tedious daily chore. So she suggested that I focus on doing something that gives me joy. The answer was simple..."

What is it that you are doing
(medically & otherwise) to
overcome "Bipolar Disorder"? How
happy & healthy are you. with
these results & effects? (Contd...)



"...- makeup.

I put on makeup every single day to learn to focus on one task at a time, to express myself without any restrictions.

Another advice my psychiatrist gave me, which was probably her best advice thus far,

was to start doing something for a cause bigger than myself. That was when I started advocating for mental health, especially normalizing open conversations about it by sharing my own experience..."

What is it that you are doing
(medically & otherwise) to
overcome "Bipolar Disorder"? How
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these results & effects? (Contd...)



"...as someone living with bipolar disorder. It wasn't easy at first. To be vulnerable in public takes a lot of energy, it drains me sometimes. But my psychiatrist was right. When I started doing something I'm passionate about that wasn't all about me me me, it gave me the best feeling ever.

Having said that, I'm not saying that therapy and medication will totally eradicate the symptoms. I will still..."

What is it that you are doing
(medically & otherwise) to
overcome "Bipolar Disorder"? How
happy & healthy are you. with
these results & effects? (Contd...)



"...go through episodes of depression and hypomania. But at least I'm better equipped to manage the symptoms by recognizing and avoiding the triggers, knowing what to do when symptoms hit, and where to get help if my condition worsens."

What's your message for others, who are having a tough time because of "Bipolar Disorder"?

"I am all for help-seeking behaviour. It is ok to be weak at times. We are human beings. We don't have to be strong all the time. Embrace our emotions. Acknowledge our weaknesses. But don't let our disorder dictate how we live our lives. Accountability is important. We are responsible



for our own recovery. It isn't easy. It may take a long time. Keep going. They weren't kidding when they say the only way out of hell is through. We have to go through the ups and downs.

It helps to have a good support system. I'm lucky to have understanding family and friends. I know some people suffer alone.

Seek help by going to support group meetings. Share your journey with others. People are always going to have doubts about you. And that's OK. We can't control their thoughts but we can control how we react to them. And finally, don't be afraid to be who you are - quirks and all."

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What's This About?
 This initiative is all about gifting the world with the actual lived experiences & real-time knowledge of true warriors, who are proudly "Winning" by successfully defeating/overcoming their **Mental Health Disorders**



Keep Winning!

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KEEP WINNING!

This initiative is all about gifting the world with the actual lived experiences & real-time knowledge of true warriors, who are proudly "Winning" by successfully defeating/overcoming/managing their "MENTAL HEALTH DISORDERS".

Mental Health Disorders like Bipolar Disorder, Schizophrenia, ADHD (Attention Deficit Hyperactivity Disorder), PTSD (Post-Traumatic Stress Disorder), Clinical Depression, Fregoli Delusion, Capgras Syndrome, Dissociative Disorder, GAD (Generalized Anxiety Disorder), etc.

ARE YOU WINNING YOUR "MENTAL HEALTH" BATTLES ?



CONSULT ANIKET

Vedic Astrology | Mental Health | Psychology | CBT, NLP & Mindfulness | B.Tech - Computer Science Engineer | PGDM - Silver Medalist, Topper in HR & OB | Creator & Founder - Consult Aniket

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