

AMIT KUMAR

OPENS UP ABOUT HIS "BIPOLAR DISORDER"



KEEP WINNING! - An Initiative By Consult Aniket



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



"BI MEANS TWO , POLAR MEANS POLE AND DISORDER MEANS SOMETHING WHICH IS NOT IN ORDER. SO IN CASE OF BIPOLAR DISORDER THERE ARE TWO POLES DEPRESSION AND MANIA AND THESE TWO POLES OR BEHAVIORS GET OUT OF ORDER I.E. NOT ABLE TO MANAGE. SO IN BIPOLAR DISORDER THE PATIENT KEEPS ON OSCILLATING BETWEEN DEPRESSION AND MANIA PHASE. DEPRESSION PHASE HAS FOLLOWING

SIGNS:

(A) LOW ENERGY LEVELS AND SLEEP INCREASES UP TO 15 HOURS. (B) NO INTEREST IN THE ACTIVITIES WHICH I USED TO ENJOY EARLIER LIKE PLAYING BADMINTON , DRINKING , SOCIALIZING WITH FRIENDS. (C) NO ROUTINE AND SMALL TASKS LIKE GETTING UP FROM BED , BATHING , GOING TO MARKET FEELS LIKE TOO MUCH TO DO. (D) ALWAYS IN SAD MOOD (E) FEELING ANXIOUS WITHOUT ANY REASON. (F) ANY TIME MOOD CAN CHANGE FROM BAD TO WORSE. (G) SOMETIMES SUICIDAL THOUGHTS ALSO COMES.."

AMIT ANSWERS Q1



"...IN MANIA PHASE FOLLOWING SIGNS HAPPEN (A) TOUCH WITH REALITY GETS LOST. (B) SLEEP REDUCES AND YOU FEEL LIKE YOU CAN DO ANYTHING AND GOD LIKE FEELING COMES. (C) ENERGY LEVEL INCREASES. (D) TOO MUCH OF TALKING WITH LOT OF LIES. (E) YOU TAKE BIG DECISIONS WITHOUT FEAR. SO THE PATIENT GETS MOOD SWINGS BETWEEN DEPRESSION AND MANIA.."

AMIT ANSWERS Q1

(CONTD...)



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



"IN 2018 WE HAD AN LAND GRABBING INCIDENT WITH US AND I GOT BEATEN UP BY GOONS AFTER THAT I GOT INTO MANIA PHASE AND BY OBSERVING MY ACTIVITIES DOCTOR IDENTIFIED THAT I AM IN MANIA PHASE."

AMIT ANSWERS Q2



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



"PERSONAL EXPERIENCE WITH BIPOLAR HAS BEEN VERY TOUGH AND IT COMES WITH MIXED FEELINGS OF GUILT AND SHAME ALSO. GUILT BECAUSE OF THE THINGS THAT I HAD DONE IN MANIA PHASE LIKE ABUSING PEOPLE, ETC..

IN DEPRESSION PHASE IT BECOMES TOO TOUGH TO HANDLE BECAUSE OF THE SYMPTOMS I HAD STATED IN MY ANSWER TO QUESTION 1. MANIA PHASE IS VERY ADDICTIVE I FEEL LIKE I AM ON THE TOP OF THE WORLD AND I WANT THIS PHASE TO NEVER GET OVER. I HAVE DONE SOME CRAZY THINGS DURING MANIA PHASE LIKE..."

AMIT ANSWERS Q3



"...(A) ABUSING FRIENDS AND FAMILY MEMBERS.
(B) POSTED OBSCENE CONTENT IN OFFICE CHAT GROUP AND POSTED OBSCENE CONTENT IN MY SOCIAL MEDIA PROFILES.
(C) I LIE A LOT DURING MANIA PHASE AND START SHARING SECRETS OF FRIENDS AND FAMILY MEMBERS WITH EVERYBODY.
(D) TOUCH WITH REALITY GETS LOST AND YOU FEEL LIKE YOU HAVE SUPERPOWERS.
(E) I REMOVED MY CLOTHES IN OPEN AND I DID NOT KNOW WHY I DID THAT."

AMIT ANSWERS Q3

(CONTD...)



What is it that you are doing, (medically & otherwise) to overcome "Bipolar Disorder"?



*How happy & healthy
are you, with these
results & effects?*



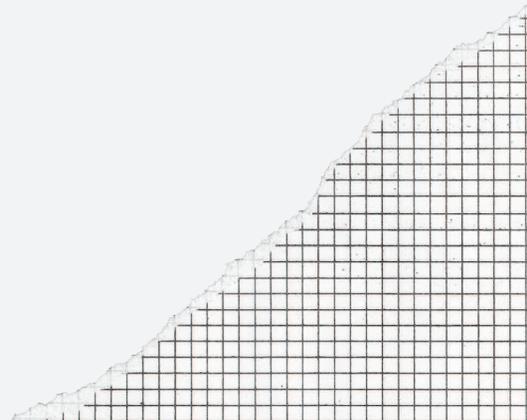
"I HAVE CONSULTED MANY PSYCHOLOGISTS AND PSYCHIATRISTS FOR OVERCOMING BIPOLAR BUT WITH MIXED RESULTS. PSYCHIATRIST SAYS IT'S A LIFE LONG DISEASE AND I HAVE TO TAKE MEDICINES FOR LIFE LONG. I AM NOT HAPPY WITH RESULTS AND EFFECTS BECAUSE I FEEL THAT THE MEDICINES PRESCRIBED BY THE DOCTORS ARE NOT HELPING ME TOO MUCH AND SO I STOPPED TAKING MEDICINES IN BETWEEN. I AM NOT SURE WHAT EXACT MEDICINES WORK FOR ME BECAUSE I GET THESE DEPRESSIVE AND MANIA PHASES REGULARLY EACH YEAR.

ALSO I HAVE DONE VIPASSANA COURSE TWICE. I FEEL THIS HAS HELPED ME A LOT BY OBSERVING MY THOUGHTS AS IS IT IS."

AMIT ANSWERS Q4



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





"MY MESSAGE TO OTHERS IS CONSULT YOUR DOCTORS AS SOON AS YOU FEEL BIPOLAR SYMPTOMS AND DO WHATEVER YOU CAN DO TO MAKE YOURSELF COME OUT OF THIS..

ACCEPTANCE IS ALSO A BIG THING TO DO. ACCEPT YOURSELF AS IT IS WITHOUT ANY JUDGEMENT. BE OPEN ABOUT IT. TRY TO TAKE MEDICINES AND FOLLOW YOUR DOCTOR AND IF YOU DON'T GET ANY BENEFIT OUT OF IT THEN CHANGE DOCTOR.

YOUR BIGGEST PRIORITY SHOULD BE YOUR MENTAL HEALTH.

DON'T GIVE UP AND KEEP ON TRYING."

AMIT ANSWERS Q5

+ An initiative by "Consult Aniket"
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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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