

LATEST EPISODE OF "KEEP WINNING!"

CHRISTINE

*Opens
Up On...*

KEEP WINNING!

03rd
September
2025

We bring our latest episode

Bipolar Disorder

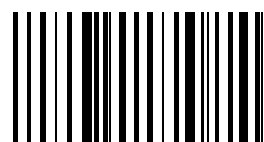
Christine Ombima
Opens up

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Lived experiences of true
mental health warriors

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1st Question

In a very simplified way, can you tell us what is - "Bipolar Disorder"?



HER ANSWER

Bipolar disorder is a mental health condition that affects mood, energy, and how we think. It is characterized by extreme highs (mania/hypomania) and deep lows (depression). For me, it feels like riding an emotional rollercoaster, some days I'm full of energy and ideas, other days I struggle to even get out of bed. It's not about being "moody" as people often think, it's a medical condition that needs understanding and proper management.



ASKING CHRISTINE THE SECOND QUESTION

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

SEPTEMBER 2025
I KEEP WINNING!





HER ANSWER

**"Do things at your own pace.
Life's not a race."** – @LV AstroMind

An initiative by :
Aniket Chakraborty

I was diagnosed a decade ago after suffering from postpartum depression when I lost my son. I thought I was getting better only for things to get worse when I started experiencing high energy, engaging in risky behaviour even dropping out of campus. My parents and friends realised that all was not well with me, this is not the Christine we have known for years. In 2015 when I lost touch with reality, what we...

...popularly known as psychosis,...that's when I got a bipolar diagnosis. I have been on medication and therapy since then. At first, I thought it was just stress, but when depression became too heavy and my manic phases became overwhelming, I sought help. It was after several consultations and being open with a psychiatrist that I got my diagnosis. It was scary at first, but also a relief I finally had a name for what I was going through.

3RD
QUESTION

2025

LATEST
EPISODE
OF OUR SERIES

*How has been your personal experience,
living with Bipolar Disorder?*



HER A N S W E R

It has been a journey of ups and downs. I've had seasons where I lost hope, sunk into depression, and faced stigma even at the workplace and in the community. But I've also had seasons of recovery, where I thrived with support, love, and treatment. Living with bipolar disorder has taught me resilience, patience with myself, and the importance of early intervention.

What has been the experiences of your family members, close network during these times? What has been their roles and responsibilities as caregivers?



CHRISTINE ANSWERS



My family and close friends have had their share of struggles, especially during my tough episodes. They've had to be patient with the unpredictable mood swings but they always remind me to take medication, seek therapy, and sometimes just sit with me in silence, which has been a great source of support and encouragement. Their biggest role has been offering unconditional love and reminding me that I'm more than my diagnosis and there's life beyond the diagnosis. My recovery has truly been a shared journey with them. From encouraging me to finish school to even take care of my children and pursue my dreams.

“I take medication prescribed by my doctor, attend therapy, and practice self-care routines like journaling, art, prayer, and exercise. I also found purpose through advocacy and peer support, sharing my lived experience ... with others. I can honestly say I’m happier and healthier now, I still have difficult days, but they don’t define me anymore. I live with bipolar disorder, but it doesn’t control my entire life.”

Christine Ombima is the Founder and Executive Director - Stand Out 4 Mental Health || She empowers Communities for Sustainable Growth & Well-being || She has been Fostering Disability Inclusion in Communities.

What is it that you are doing/had done, (medically, psychologically & otherwise) to manage “Bipolar Disorder”? How happy & healthy are you, with these results & effects?

Christine’s thoughts on certain aspects of life:

“.....Over time, I have learnt to be patient and own my race. To others, success may mean accolades, awards, but to me success means the support I get from my family, being mentally stable, gaining that skill, upscaling my initiatives. I choose to own my bipolar journey and to measure my milestones based on my own abilities to stay sane. The trajectory could be very steep or on a downward spiral, but all in all each day I have my small wins.....”

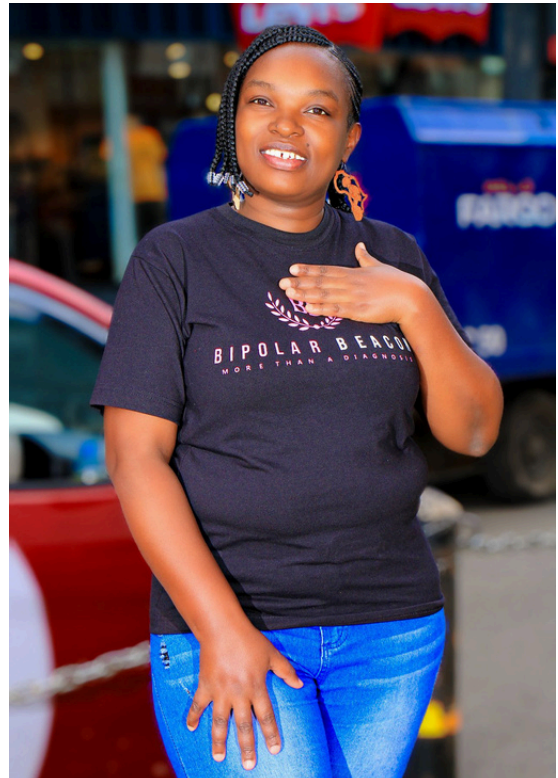


CHRISTINE

Keep Winning! Series

The Question is...

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



Christine Answers...

You are not alone. Having bipolar disorder doesn't make you broken, it just means you need the right support, treatment, and coping strategies. Don't give up on yourself. There is life beyond the diagnosis, and with time you'll find your balance. Keep winning, even if some days winning simply means getting out of bed. You've got this.



"Life is a journey marked by its highs and lows, and recently, I've been encountering both in abundance. Yet, surprisingly, I'm feeling exceptionally resilient! 🍌 Despite the hurdles and internal struggles I might be enduring, I'm more focused than ever before. I've come to understand that resilience isn't about evading challenges; it's about confronting them head-on with unwavering resolve. It's about remaining steadfast amidst adversities and having faith that I possess the strength to conquer every obstacle. Here's to embracing resilience, to navigating through life's storms, and to recognizing that regardless of the challenges life presents, I possess the inner strength to surpass them all."

Christine shares from her Heart

If the mountain seems too big today
Then climb a hill instead
If the morning brings you sadness
It's okay to stay in bed
If the day ahead weighs heavy
There's no shame in rearranging
Don't make yourself feel worse
If a shower stings like needles
And a bath feels like you will drown
If you haven't washed your hair for days
Don't throw away your crown
A day is not a lifetime
A rest is not defeat
Don't think of it as failure Just a quiet, kind retreat
It's ok to take a moment
From an anxious, fractured mind
The world will not stop turning
While you get realigned
The mountain will still be there
When you want to try again
You can climb it in your own time
Just love yourself till then

Forever and Always
Christine



ANIKET CHAKRABORTY

FOUNDER OF LV ASTROMIND

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