

20TH AUGUST 2025

LATEST EPISODE  
KEEP WINNING!

# Barbara

JOYCE ABANG



## EXCLUSIVE

INTERVIEW WITH  
THE PRINCIPAL  
STATE  
ATTORNEY,  
MINISTRY OF  
JUSTICE AND  
CONSTITUTIONAL  
AFFAIRS, UGANDA

## BARBARA OPENS UP “BIPOLAR DISORDER”

OUR EPISODES OF “KEEP WINNING!” SERVES AS AN EFFECTIVE AND  
GUIDING TOOL FOR CREATING AN “INFORMED AWARENESS”, ON  
MATTERS RELATED TO MENTAL AND EMOTIONAL HEALTH DISORDERS

# Barbara Joyce Abang

## BIPOLAR DISORDER, EXPERIENCE, IMPACT AND MANAGEMENT

*Barbara shares her inspirational journey, her lived-experience with “Bipolar Disorder” - her story of resilience and empowerment!*



As I mentioned earlier, I am a survivor of bipolar disorder. I am a lawyer, not a medical expert, and I have no desire to become one. During my standard level studies, I had the opportunity to take physics, chemistry, and biology due to my good performance. However, I declined this offer and chose to study History, Economics, Literature, and Divinity because I was interested in becoming a lawyer. There are two reasons for this:

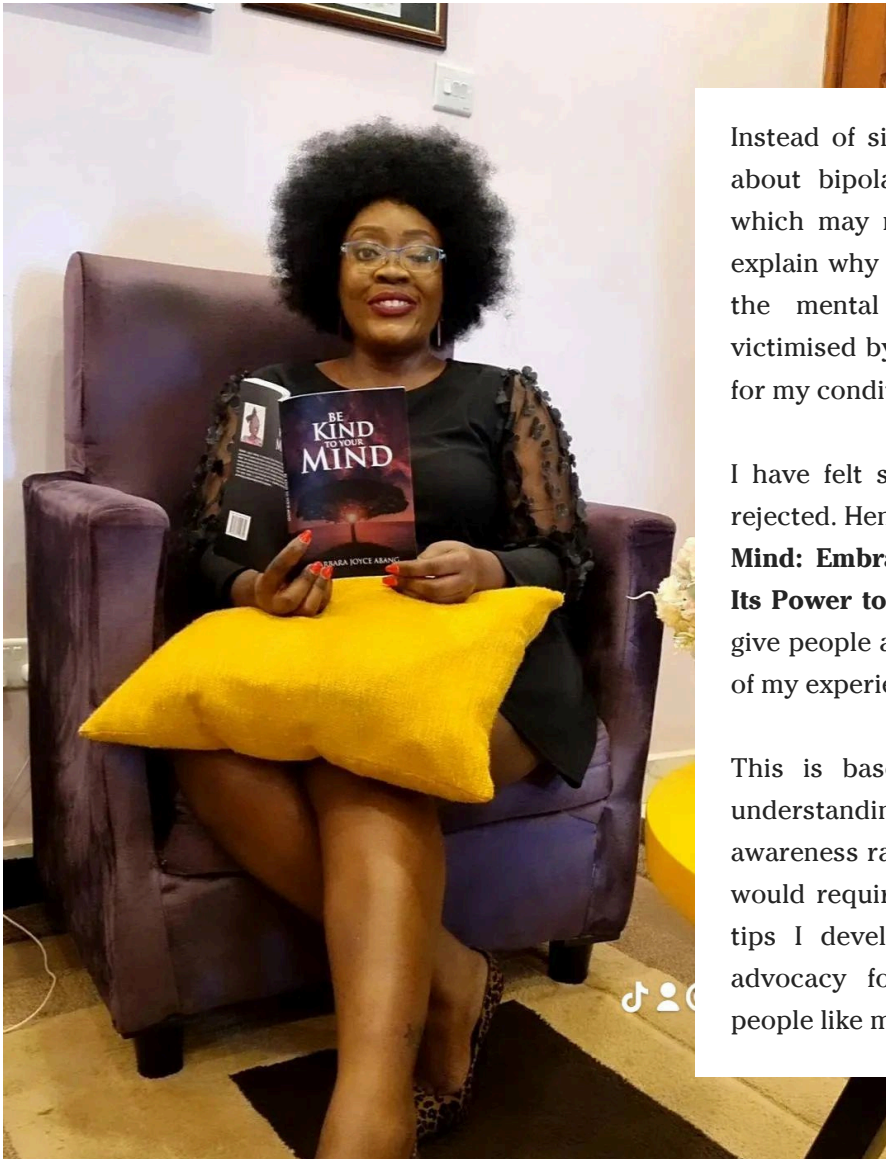
First, I was born with a chronic illness and have always been a sickly child, often in and out of hospitals. I feel I have spent more time in hospital corridors than most doctors. Therefore, I did not want to spend my professional life in hospitals.

Secondly, I have witnessed many injustices and persecutions inflicted on my family, as I was raised by a family involved in leadership during the Obote I and II eras. Most of my immediate family members—uncles, aunties, and my father—were engaged in opposition politics. As a child, I frequently spoke out against all forms of injustice, including the injustice of corporal punishment, even while attending Buganda Road Primary School in the 90s. Why, you may ask, do I need to share this background?

*Barbara Joyce Abang*

# Be Kind to Your Mind: Embracing Your Humanness and Leveraging Its Power to Sustain You Through Life's Detours

by Barbara Joyce Abang



Instead of simply informing you that I know nothing about bipolar disorder except what I experienced, which may not be the case for others. I wanted to explain why I am in the mental health spaces. I am in the mental health spaces because I have felt victimised by some, not all, people, family and friends for my condition.

I have felt stigmatised, misunderstood, isolated and rejected. Hence, I wrote my memoir “**Be Kind to Your Mind: Embracing Your Humanness and Leveraging Its Power to Sustain You Through Life's Detours**” to give people a first-hand, unfiltered and honest opinion of my experience with bipolar disorder.

This is based on my limited and straightforward understanding, mainly from my experience in raising awareness rather than providing education, since that would require a medical expert. It includes empathy, tips I developed for managing the condition, and advocacy for workplace accommodations so that people like me can be employed and earn a living...

...with dignity and respect. Additionally, I advocate for the government to provide medical insurance for public servants. After all, healthcare in Uganda, especially for chronic conditions, is expensive. I earn a salary of USD 15,000 a year, which is among the highest in Uganda. With accommodation, food, fuel, social expectations like black tax, car maintenance...

...and no additional allowances, my well-being and recovery are further impeded. I am treated like a healthy person with the same workload, often leaving work at midnight and working on weekends without extra pay or bonuses. I face bullying from my bosses and am warned that if I take another sick day, I could be fired or retired in the public interest.



**“I explain how bipolar disorder affected my romantic life, family, friends, work colleagues, career, hopes, and dreams.”** *Be Kind to Your Mind (by Barbara)*

*Barbara shares more about her life, the challenges she faced at her professional front, and most importantly, her Book, available on Amazon - an essential read!*

These cumulative pressures result in my being hospitalised more often, which leads to further warnings and being labelled lazy despite my sound output under challenging circumstances. This is not simply a medical issue; if left unresolved, I risk losing my job, my salary, and the ability to afford medical care—possibly even my life, God forbid. This is a matter of justice, equity, social inclusion, empowerment, community support, and respect.

*I explain how bipolar disorder affected my romantic life, family, friends, work colleagues, career, hopes, and dreams. I also describe how my spiritual journey helped me to overcome not only bipolar disorder but also chronic illness, and I share management tips. To truly understand my story, it is essential to read the book. The book is available on the Amazon App. I don't want to be that mischievous friend who ruins your cinema experience by revealing the story. I kindly suggest that you and your network buy the book on the Amazon App, and then you can ask me questions about the book.*





KEEP WINNING!

# BARBARA

Who is

# JOYCE ABANG

I am a Lawyer, Author and Mental Health Advocate.

I have over 15 years of experience in legal advisory, government consulting, project management, legal drafting, negotiations, and policy development. Throughout my career, I have successfully handled over 10 key government projects and assignments, providing strategic support in shaping impactful policies and programs nationally and internationally.

I have written a memoir, for continental magazine and other social media platforms, focusing on overcoming life challenges, mental health awareness, and legal insights..

My book, **Be Kind to Your Mind: Embracing Your Humanness and Leveraging Its Power to Sustain You Through Life's Detours**, is inspired by my journey of thriving with a bipolar disorder diagnosis. It serves as a testament to the power of resilience, faith, and mindset in navigating life's complexities.

As a mental health advocate, I have led awareness campaigns on national TV networks, spoken at Rotary events, and engaged with audiences through social media, EpicPulse Magazine, Kampala Edge Times, and other continental platforms. My mission is to inspire others to embrace their humanness, build mental strength, and find purpose in every detour.



MS. BARBARA JOYCE ABANG

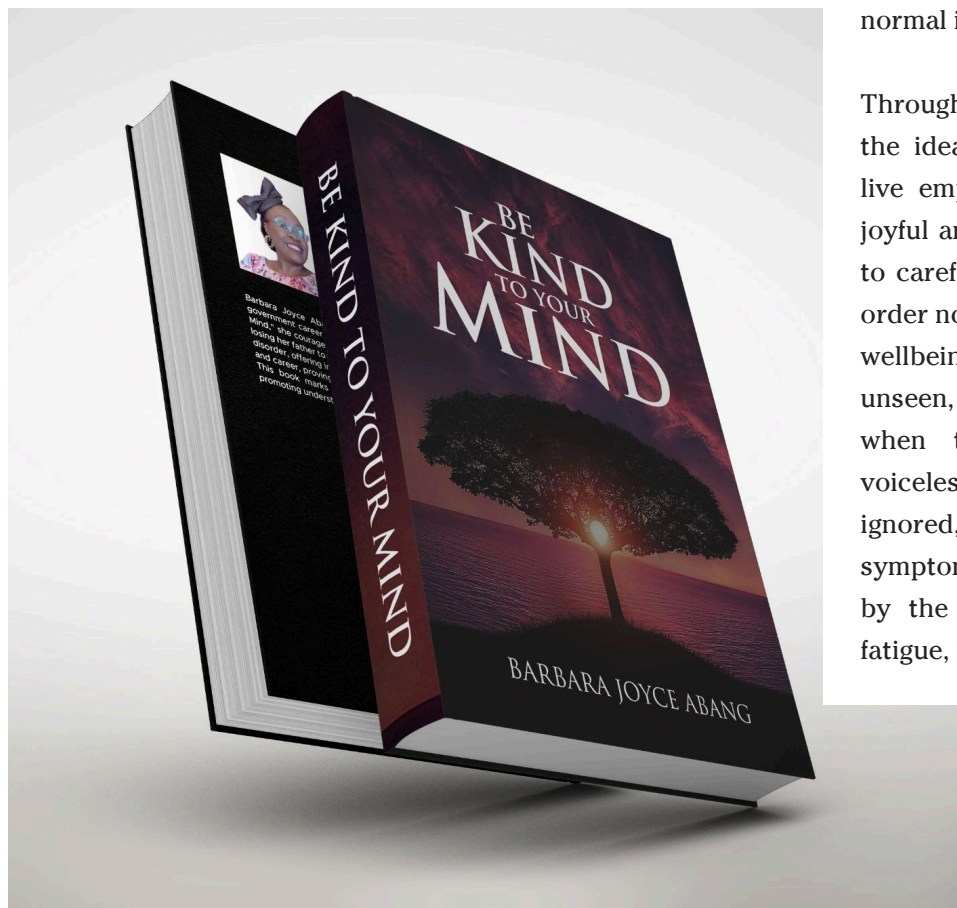


I sincerely believe in giving back to the community, the power of a resilient mindset, and the grace of God and Jesus Christ in helping us overcome life's toughest challenges. My mission is to use my life experience, testimony of overcoming infirmity and life challenges, and to share this journey as described in my memoir with you and your audience.

*Barbara Joyce Abang*

## WHAT IS MY MESSAGE?

*Be Kind to Your Mind: Embracing Your Humanness and Leveraging Its Power to Sustain You Through Life's Detours is born from my journey of thriving in life despite the infirmity of chronic illness and bipolar disorder [though the book talks explicitly about bipolar disorder].*



and absences from work frequently to take care of their loved ones, exhausted lovers, hurt lovers and scared lovers, well meaning bosses that honestly don't know what to do, mean bosses focused on meeting their targets, everyone because bipolar is a common mental health disorder.

It's a reminder that resilience is not about perfection but rising with grace, authenticity, vulnerability, embracing humanness and its quirks and unwavering personal and divine belief that you are enough and anything is possible.

It's about an empowering mindset.

I address the deep stigma, silence, self-judgment, hindrances to the pursuit of dreams, goals, career, relationships presented by living in a third-world country where the majority of the population are low in Maslow's hierarchy of needs, which are clothing, food and sex, so matters of mental health are not an individual and national priority. It's a constant fight to live and act normal in an abnormal situation.

Through my lived experience, I challenge the idea that despite the hurdles, we can live empowered lives that are purposeful, joyful and meaningful. Still, in this, we have to carefully pick our desires and dreams in order not to compromise our health and wellbeing. I speak to those who feel broken, unseen, afraid to be vulnerable, act strong when they are falling at the seams, voiceless, sacred of judgement, isolated, ignored, called toxic due to bipolar disorder symptoms, the family and friends confused by the symptoms, struggling with carers fatigue, financial stress due to medical bills

***“Through my lived experience, I challenge the idea that despite the hurdles, we can live empowered lives that are purposeful, joyful and meaningful.” - Barbara Joyce***



# Be Kind to Your Mind

*by Barbara Joyce Abang*

## MY BOOK ADDRESSES:

- 01**  
***Self-stigma and internalised shame surrounding self-stigma***
- 02**  
***Stigma from others***
- 03**  
***Misunderstanding***
- 04**  
***Misinformation***
- 05**  
***Lack of information***
- 06**  
***Barriers, be it institutional, policy, education, financial, etc***
- 07**  
***Importance of Self-Love***
- 08**  
***God -Centeredness and spirituality role in the journey of healing***
- 09**  
***Management of Healing***
- 10**  
***Impact of Grief on Humanity***



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Tel: +256 776 785309



The book is available on Amazon and in major bookstores around Kampala



# Barbara Joyce Abang

## Shares her Final Thoughts on Mental Health

I've observed that I occasionally succumb to catastrophic thinking regarding my job, a pattern that often mirrors my underlying anxiety. Rather than getting caught up in those thoughts, I would like us to redirect our attention to some vital topics that deserve our consideration. First, let's talk about creating a safe space where everyone feels comfortable to express themselves without fear of judgment. This includes fostering an environment of understanding and empathy, where we actively listen to one another and validate each other's experiences. Next, we should emphasize the importance of promoting inclusion and equity. This means not only acknowledging the diverse backgrounds and perspectives of our colleagues but also ensuring that everyone has equal access to opportunities and support. It's crucial to prioritize accommodations for those facing mental health challenges. We need to advocate for policies and practices that provide the necessary support, enabling individuals to thrive while managing their mental well-being.

Additionally, embracing self-love is essential. Encouraging each other to recognize our intrinsic worth can lead to healthier relationships and a more positive work atmosphere. Raising awareness about mental health issues is another key area we should focus on. By educating ourselves and our colleagues, we can break down stigmas and create a culture of openness and support. Finally, let's discuss effective strategies for managing illness, whether it be mental or physical. Sharing resources and coping techniques can empower us all to navigate our challenges more adeptly. Together, let's explore these important areas with enthusiasm and positivity, striving to create a more supportive & understanding community.



# ANIKET CHAKRABORTY

FOUNDER OF LV ASTROMIND

BRINGS TO YOU "KEEP WINNING!"

Global Collaborations:  
**22 Countries**  
and counting,,,  
All for Holistic Wellness

Our "Mental Health"  
initiatives include:  
Inspirational, Reflections,  
Digging Deep, Here to  
Help, Keep Winning!,  
Mental Health Score  
Calculation, & much  
much more...

## DAILY

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the real-time &  
lived  
knowledge of  
around 150  
individuals,  
from all across  
the globe

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"KEEP WINNING!"

Get inspired  
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of true  
mental  
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warriors!

2025



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