

27 AUGUST, 2025

EPISODE

AVANTIKA

KEEP
WINNING!
SERIES

— BHARAD



Opens up on her
**Clinical Depression,
PTSD and Bipolar
Disorder**

Keep Winning! Series

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.

*In a simple way, can you educate us about
“Clinical Depression, PTSD and Bipolar Disorder”?*

First Question

Clinical depression is when sadness isn't just a bad mood. It is a mental health condition that lasts for weeks or months, affects daily life functioning, there doesn't need to be any triggers for someone to feel heavy. **PTSD (Post-Traumatic Stress Disorder)** happens after you've experienced something traumatic and your brain stays stuck in "danger mode,"

...so memories, flashbacks, and anxiety can pop up unexpectedly. The brain physiologically changes after a traumatic incident and dealing with PTSD come with panic attacks too. **Bipolar disorder** is a mood disorder where one experiences the highs and lows periodically. the low episodes are called depression, and high episodes are called mania, or hypomania if its a milder version of mania. these mood episodes affect one's sleep cycles, energy levels, cognition, and daily functioning..

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How & when did you find out that you have "CLINICAL DEPRESSION, PTSD AND BIPOLAR DISORDER"?

Avantika Bharad is the Founder of "Beautiful You", a mental health care company where she & her team advocate, educate and empower people with their mental well-being

I found out i had clinical depression and ptsd at 15 when i had visited a psychiatrist. i had a period of suicidal ideation and i got in an extremely vulnerable state - when my mother took me to see a psychiatrist. and i got diagnosed with bipolar type 2 when i was 17 years old when i was visiting a psychiatrist who had diagnosed someone in my family with bipolar.

By Qualification, Avantika is a Bachelor of Science (BS) in Applied Psychology. She is currently pursuing her Masters, i.e, Master of Science (MS) in the same field of Applied Psychology



Question Three Q3

How have been your personal experience, living with "Clinical Depression, PTSD and Bipolar Disorder"?

It's for sure has been hard. I think i have healed from PTSD now, but even after 5 years of my diagnosis with Bipolar, i do struggle on some days with my daily functioning. My optimal looks' different than others, and I tend to be high functioning even during mood episodes. It's sometimes hard to ask for help without feeling like a burden, but thankfully I have a really good support system around me who help me come out of the episodes.





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

AVANTIKA

Answers

I think most of them don't know about the episodes until I tell them. Once I understand I'm beginning to slip into an episode, I reach out to my close friends and let them know this is happening. Sometimes just opening up about my struggle helps me ease out as talking helps a lot. Their role primarily comes with showing me grace and kindness, especially on days I am not able to give grace to myself. Words of affirmation help a lot for me because I tend to have a critical and negative dialogue towards myself during the episodes. Having a close network of people I trust has helped me get through all my bad days and I couldn't be more grateful for them

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Avantika Ans.

What is it that you are doing to manage the conditions?

I see a psychiatrist for medication, which helps balance my moods and a therapist for counseling sessions that help me learn tools to navigate living with bipolar better. Beyond that, I focus on sleep, nutrition, exercise, creative expression, and a supportive social circle. I'm not "cured," but I'm in a much more stable, healthier place now and I'm proud of the progress. It's been a long time coming, but I'm managing it well.



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

My message to others would be a reminder that your diagnosis doesn't put you in a box. It's information to help you serve yourself better, not a limitation to your highest self.

ANIKET CHAKRABORTY

FOUNDER OF LV ASTROMIND

BRINGS TO YOU "KEEP WINNING!"

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Our "Mental Health"
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Digging Deep, Here to
Help, Keep Winning!,
Mental Health Score
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