## SHIVANI TRIPATHI

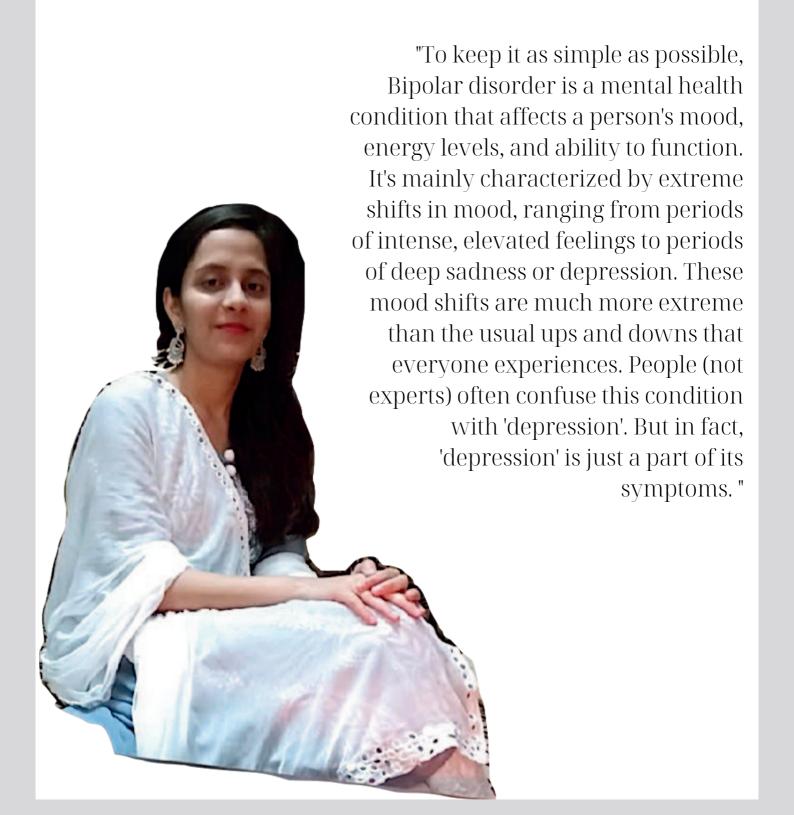
OPENS
UP
ABOUT HER
FATHER'S
"BIPOLAR
DISORDER"

#### KEEP WINNING!

AN INITIATIVE BY "CONSULT ANIKET"



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



# How & when did you find out that your father has Bipolar Disorder?



# How & when did you find out that your father has Bipolar Disorder? (Contd...)



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

"The journey was quite rough and similar to a rough roller coaster ride. Not because he has this condition but because it was diagnosed quite late in his life. Too much damage was already caused by the time he received medical help. But because of all my life experiences, my family understood the importance of 'mental health'. With all the present medication and expert help, he is living a normal life with us and successfully retired from his job with happiness & joy. All the credit goes to my warrior mother, who is, till today, taking care of him like a nurse all the time..."

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

(Contd...)

"...My father is a wonderful person and loves me & mum a lot. We saw him struggle with pain, and agony and not able to express his feelings that he needs help. He needed HELP and someone to stand by his side. People having this condition feel like a bird trapped in a cage and believe me when I say this, 90% of the people around such patients misunderstand them which worsens the condition in most cases. Understanding the patient emotionally, morally, and medically is quite crucial to managing this mental issue."

What is it that your father is doing, (medically & otherwise) to overcome "Bipolar Disorder"?
How happy & healthy is your father, with these results & effects?

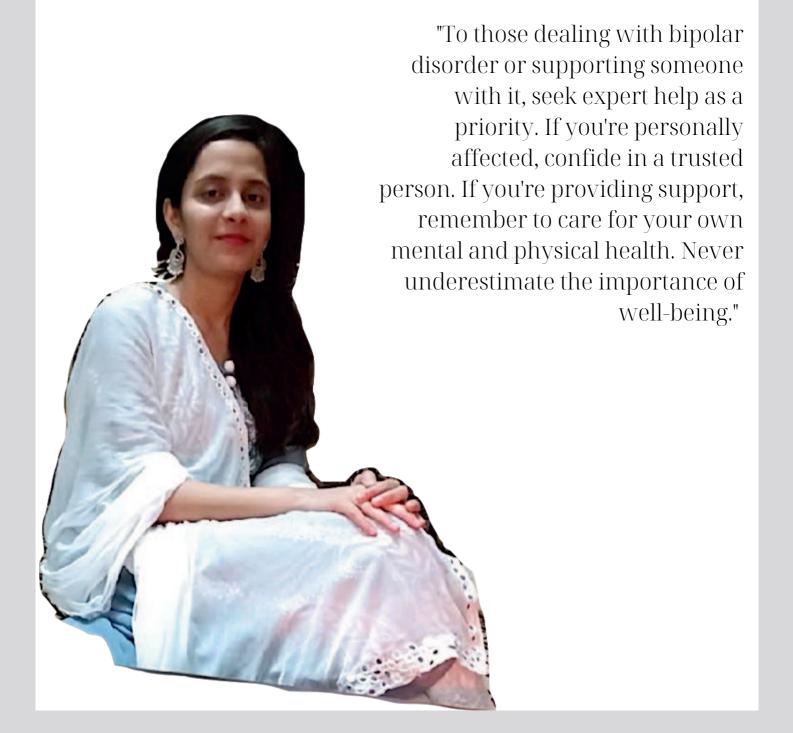
"To manage the symptoms such as insomnia, mood swings, and mania, he has been taking his prescribed medications for the past more than 20 years without a singleday gap. He has some other health issues as well that needs medications as well. We encourage him to do light yoga exercises, watch his favorite movies, listen to music, and walk every day. Even after consistent medication..."

What is it that your father is doing, (medically & otherwise) to overcome "Bipolar Disorder"?
How happy & healthy is your father, with these results & effects?

(Contd...)



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





#### 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 (PostTraumatic Stress Disorder), Clinical
Depression, Fregoli Delusion, Capgras
Syndrome, Dissociative Disorder, GAD
(Generalized Anxiety Disorder), etc.

#### ARE YOU WINNING YOUR "MENTAL HEALTH" BATTLES ?



+91-7307344718 www.livingvirtuously.in







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