

# **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”?

"To keep it as simple as possible, Bipolar disorder is a mental health condition that affects a person's mood, energy levels, and ability to function. It's mainly characterized by extreme shifts in mood, ranging from periods of intense, elevated feelings to periods of deep sadness or depression. These mood shifts are much more extreme than the usual ups and downs that everyone experiences. People (not experts) often confuse this condition with 'depression'. But in fact, 'depression' is just a part of its symptoms. "



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

"I had a lovely childhood surrounded by a loving grandmother, aunt, uncle, mom, and of course my papa. At first, I didn't realize he had an issue but later in life as my family was struggling with his behavior and addiction problem, my mom was quick to understand that he has some medical issue. She was quick to get expert help within a year of her marriage and then the doctor diagnosed him to have this disorder. I, on the other hand, got to know the specific name of his condition when I was a teenager and..."



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

(Contd...)

"...analyzed his reports out of curiosity. Everything was completely new and confusing for me as well as my family. But my mum never gave up on my papa and she did all possible experiments under the supervision of medical experts to manage his symptoms.

But it is important to note that my papa had started developing this condition way before his marriage just after my grandfather's death, probably during his teenage years.

But no one took this seriously because he was pretty normal in his behavior and day-to-day habits."



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."



## Shivani Answers

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 single-day 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..."

## Shivani Answers

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"...his mania issue persists due to which it becomes difficult to convince him to do something new. But with love, admiration, and personal counseling, I and mum instill good daily habits. Remember, medication and exercise is the key to managing this condition."

## Shivani Answers

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

"To those dealing with bipolar disorder or supporting someone with it, seek expert help as a priority. If you're personally affected, confide in a trusted person. If you're providing support, remember to care for your own mental and physical health. Never underestimate the importance of well-being."



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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 ?



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