



Suganya V

Opens Up About Her
Husband's "Bipolar Disorder"



IN A SIMPLE WAY, CAN YOU EDUCATE
US ABOUT "BIPOLAR DISORDER"?

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Suganya Answers

"Bipolar disorder (formerly called manic - depression illness or manic depression) is a mental illness that causes unusual shifts in person's mood, energy, activity levels, and concentration. This shifts can make it difficult to carry out day- to- day tasks."

KEEP WINNING



HOW & WHEN DID YOU FIND OUT THAT YOUR HUSBAND HAD "BIPOLAR DISORDER"?



Suganya Answers

"When we went to Germany for his work for 2 years. He had so much of stress with the issues going on in the office. Then he got a manic episodes he was behaving like a mad person didn't know what is going around him. This happened in the year December 2013."

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HOW HAD BEEN YOUR PERSONAL EXPERIENCE, LIVING WITH YOUR HUSBAND WHO HAD "BIPOLAR DISORDER"?

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Suganya Answers

"My personal experience living with my husband was very difficult as he never wanted to have medicines. He used to think more and read some books or Google search and stop his medication. After that he used to get manic episodes."

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WHAT IS IT THAT YOUR HUSBAND WAS DOING (MEDICALLY & OTHERWISE), TO OVERCOME/MANAGE "BIPOLAR DISORDER"? CAN YOU TALK & DISCUSS ABOUT THESE RESULTS & EFFECTS?

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Suganya Answers

"He was under medication but it was very difficult to go to office and do his duties. As the medicines would make him robot in moving. So he use to stop the medicines. As a result he use to get manic episodes. He tried to change his diet and also do yoga but nothing helped to manage. This made both of us fight. My son was affected seeing his manic episodes."

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WHAT'S YOUR MESSAGE FOR OTHERS, WHO ARE HAVING A TOUGH TIME BECAUSE OF "BIPOLAR DISORDER"?



Suganya Answers

"I give message to others is following the medication given by doctor. Regularly visit the doctor for follow up & check up. Always think about the family who support for you. Make yourself calm and don't overthink anything. Try to have a good sleep. As far as possible keep a stress free life and maintain a healthy diet and don't overeat. Few suggestions in my point of view as I have not gone through it. As when we go through many things can be understood better. Just giving my suggestion what I feel when I was with him."

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+ An initiative by "Consult Aniket"
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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**



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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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