

PRANSHI JAISWAL

Opens Up About Her
"Bipolar Disorder"

"KEEP WINNING"



AN INITIATIVE BY "CONSULT ANIKET"

In a simple way, can you educate us about “Bipolar Disorder”?



"In simple terms, bipolar disorder is a mood disorder wherein you have episodes of highs and lows. These episodes lasts from weeks to months and may vary from person to person. In general, there are two types; Bipolar disorder 1 wherein you have phases of mania, with or without depression and Bipolar disorder 2 wherein you have phases of hypomania and depression (atleast 1 episode).

I suffer from bipolar disorder type 2, where I go through cycles of hypomania and depression for 3-4 months. Hypomania generally refers to elevated mood, euphoria, grandiosity, racing thoughts, less need for sleep, excessive irrational spending and sever impairment in occupational and social functioning. Depression may have varied symptoms from person to person. In my case it is feeling blue and worthless, psychomotor retardation, inability to concentrate and impairment in thinking, increased appetite and weight gain and most importantly suicidal thoughts and attempts."

How & when did you find out that you have "Bipolar Disorder"?



"I still remember, it was right after I appeared for boards, I visited a psychologist since my best friend kept telling me I have severe mood fluctuations. My psychologist mentioned that I resonate with the symptoms of bipolar disorder and must visit a psychiatrist. I, however was in denial and never approached one until in July, 2021 I became excessively hyperactive and couldn't sleep for days. Then I visited a psychiatrist and I was diagnosed with bipolar disorder type 2 or Bipolar affective disorder. Further based on my frequency of episodes I was diagnosed with Rapid cycling bipolar affective disorder."

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



"It's been almost 10 years since I'm living with bipolar disorder & out of which I spent 7 years in denial and without treatment. I lost my friends, isolated myself from everyone in depression, made new connections in hypomania and engaged myself in pleasurable activities, missed my exams, took risks in both depression and hypomania, few suicide attempts, switched jobs, left jobs in grandiosity, irrationally spent on books and stationery, felt euphoric in failure and sad in victories. At times I didn't know who the real me is. I didn't know how to smile for a reason or cry for another. I just had episodes wherein I would cry for months and then feel great for next couple of months and then the cycle repeats itself. People would judge me for my erratic behaviour and honestly nobody cared after that. I had difficult to study & even concentrate. It was impossible for me to even read sentences at times and make sense to them. I lost interest in activities. But during my hypomania phase I would want to win new pursuits. It had been a mess of two extremes at different time frames in the same person."

What is it that you are doing, (medically & otherwise) to overcome “Bipolar Disorder”? How happy & healthy are you, with these results & effects?



"Bipolar disorder can definitely be managed. And it's extremely difficult in many cases and too stressful. People find it difficult to have a stable career and interests. I know many talk positively about it, many say that it is a myth that bipolar disorder patients can't have a stable career, but it really depends in what situation a person is and what are his or her privileges. Apart from medication, I have included therapy in my treatment. Honestly it takes a lot of patience to find a good therapist and even after you find one, sometimes all you can do is help yourself on your own. I exercise more and keep myself physically active to release stress. Since I'm a poetess, I often write poems and express my pain. People can have their own mediums of expressing their emotions, but they must have one. Men usually don't have. There are many barriers to their emotional expression and I believe this needs to be taken care of..."

What is it that you are doing, (medically & otherwise) to overcome “Bipolar Disorder”? How happy & healthy are you, with these results & effects? (Contd...)



"...I can't say I'm happy always. I still have my lows and all I can do is to choose how to respond to it. Although being happy or I should say extremely happy in my case, specially when I'm in hypomania can impair my decision making. I left my job at an MNC during one such phase in grandiosity and the aftermath was really difficult. But with reflecting on my actions and taking a pause before making any decision, I've started being a bit stable. There can be different triggers which can cause these phases to switch. Stress and lack of proper sleep is one of them. Hence no matter what, I try to sleep on time and manage my stress by inculcating healthy habits."

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



"Three words. "It shall pass". Wait. Hold on to it. Hold on to yourself. You can do this. It takes a lot of perseverance with mood fluctuations to stay stable but you have to do it as nobody else is going to do it for you. Not your psychiatrist, not your psychologist, no one but you."

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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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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.

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