

TURNER

Will Turner, a Communications professional, opens up on his lived experience with “Bipolar Disorder and OCD”.

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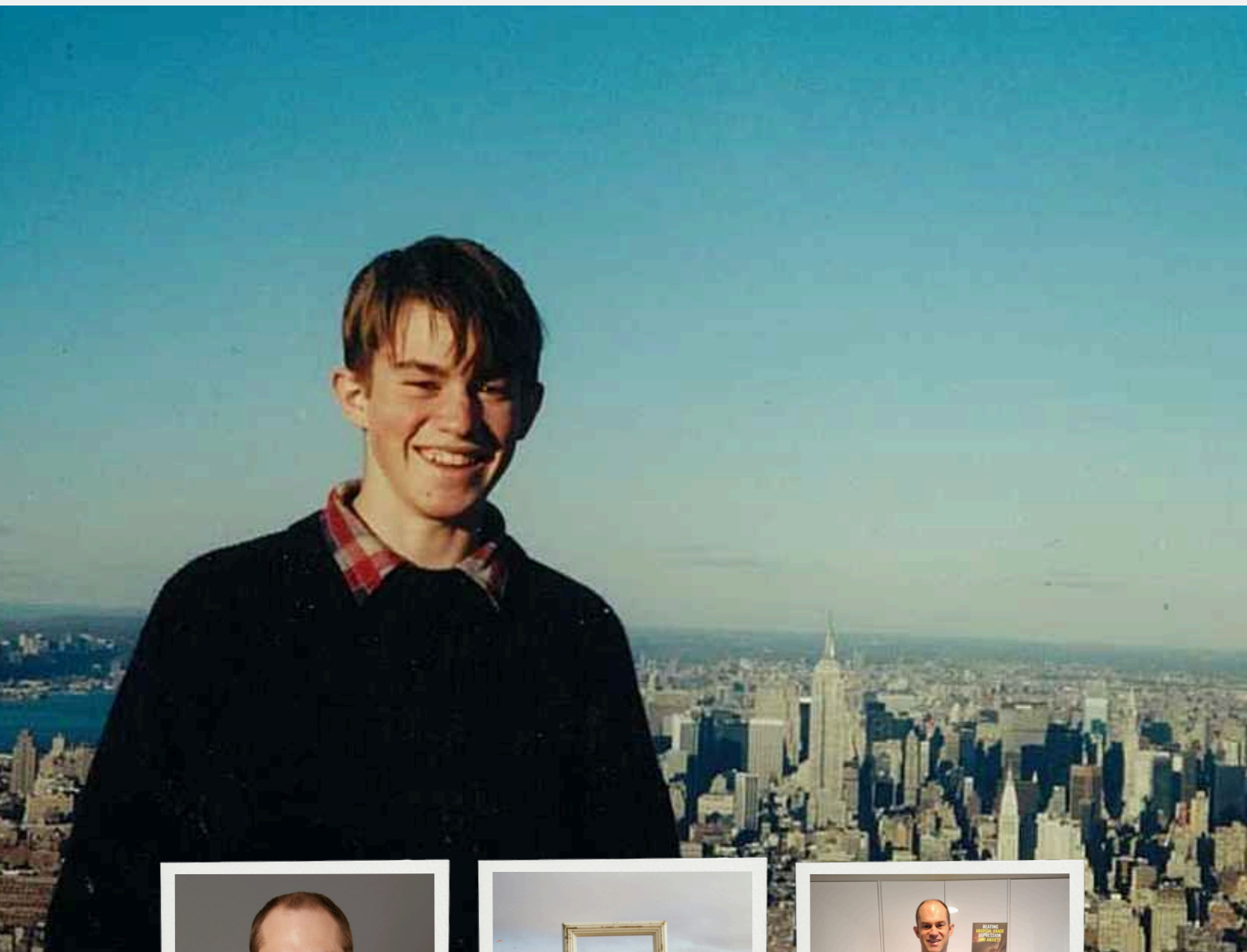
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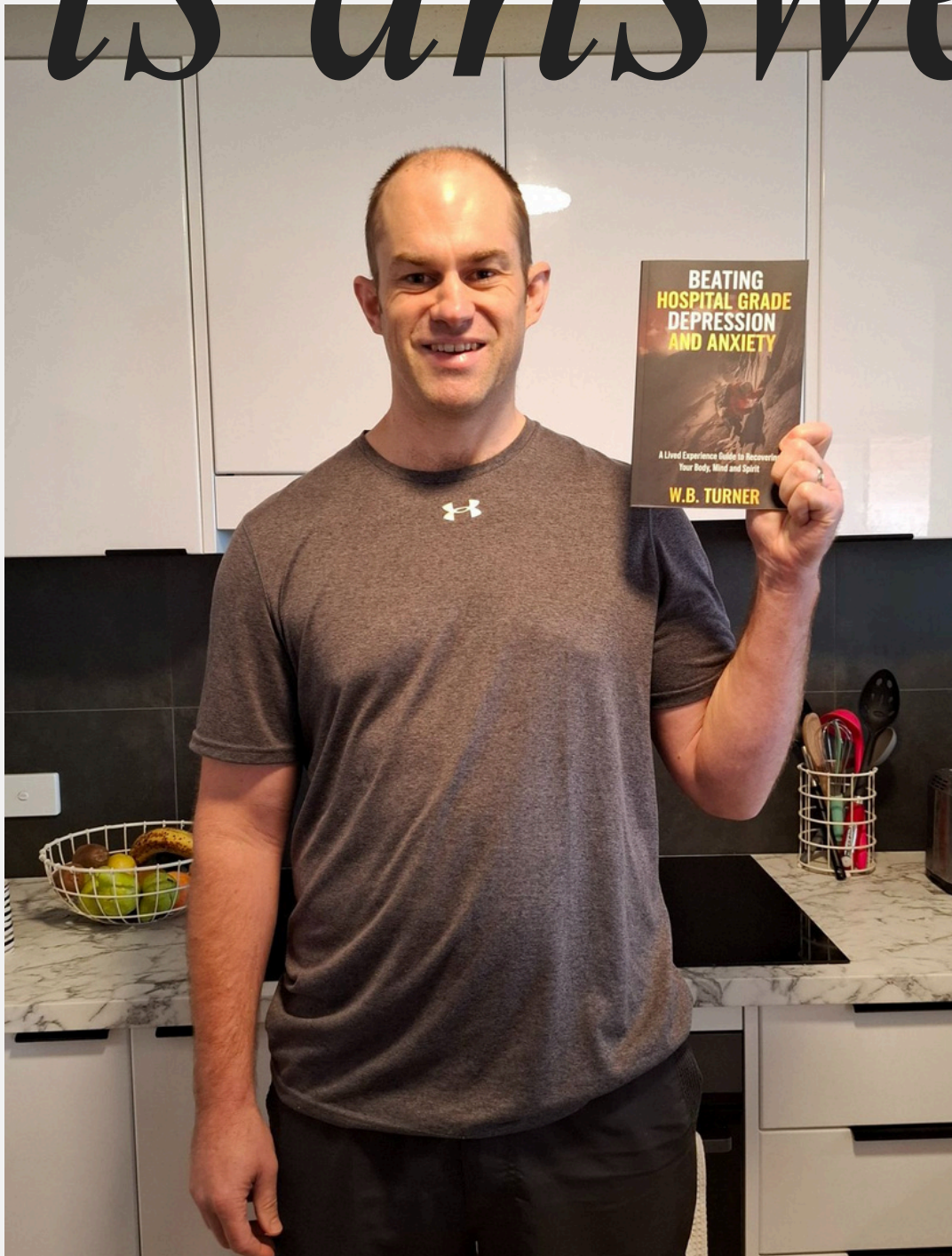
Aniket Chakraborty,
Founder of LV AstroMind





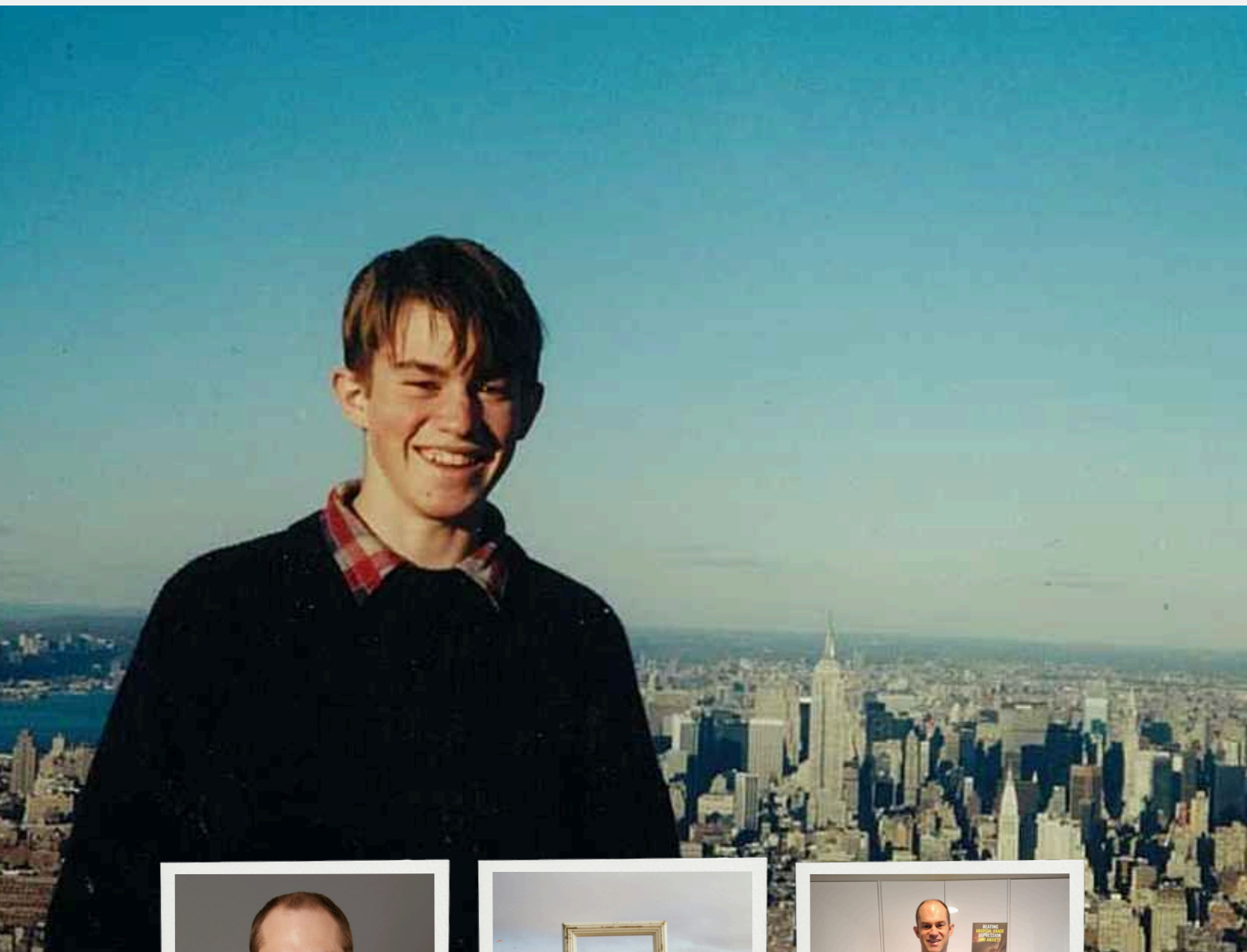
*In a simple way, can you
educate us about
“Bipolar Disorder & OCD”?*

His answer



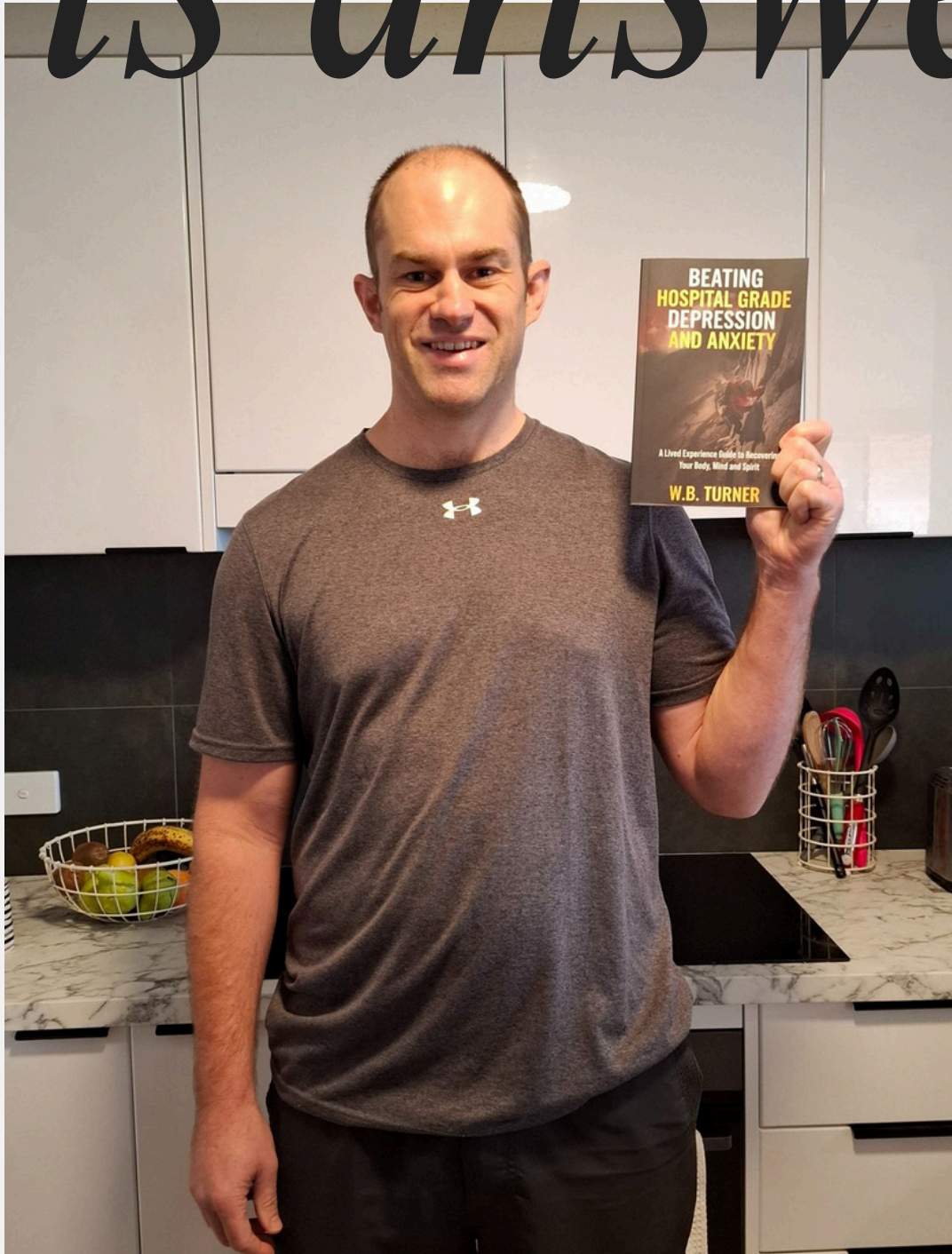
If I had to describe Bipolar Disorder in my own words, I'd say it's a condition that disrupts one's emotions by causing intense bouts of feeling low (depression) and feeling high (mania).

Again, in my own words, Obsessive Compulsive Disorder (OCD) causes you to fixate on something to the exclusion of everything else, leading to a kind of anxiety driven paralysis.



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

His answer



I found out during an admission to a psychiatric hospital after going three years undiagnosed. Within a week of my hospital admission, my (relatively new) doctor put the pieces together.

She said I was experiencing a double whammy of obsessive thoughts and severe depression that was causing delusional thoughts. She made a diagnosis of Bipolar Disorder and OCD.



How has been your personal experience, living with "Bipolar Disorder & OCD"?

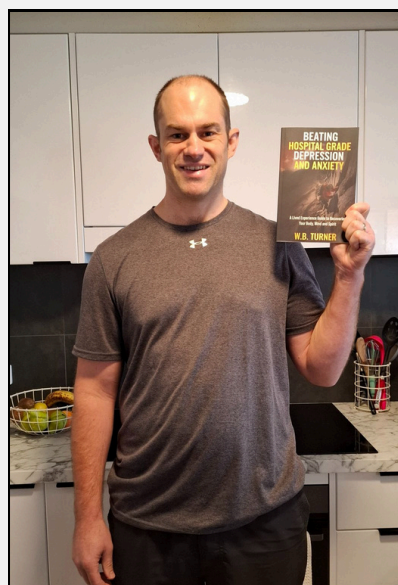


Will Turner shares



I describe my pre-diagnosis period as a rollercoaster, which reflects the emotional highs and lows of bipolar disorder. The lows (depression) were by far the more debilitating for me, compounded by the anxiety of OCD, eventually leading to the hospital admission where I was diagnosed.

The one sustained “high” period I had was much more benign because I experienced hypomania which is milder than full-blown mania where you can really lose touch with reality. My loss of touch with reality happened during the rock bottom of my depression where I suffered from psychosis—delusions with strong religious themes which led to my hospital admission.



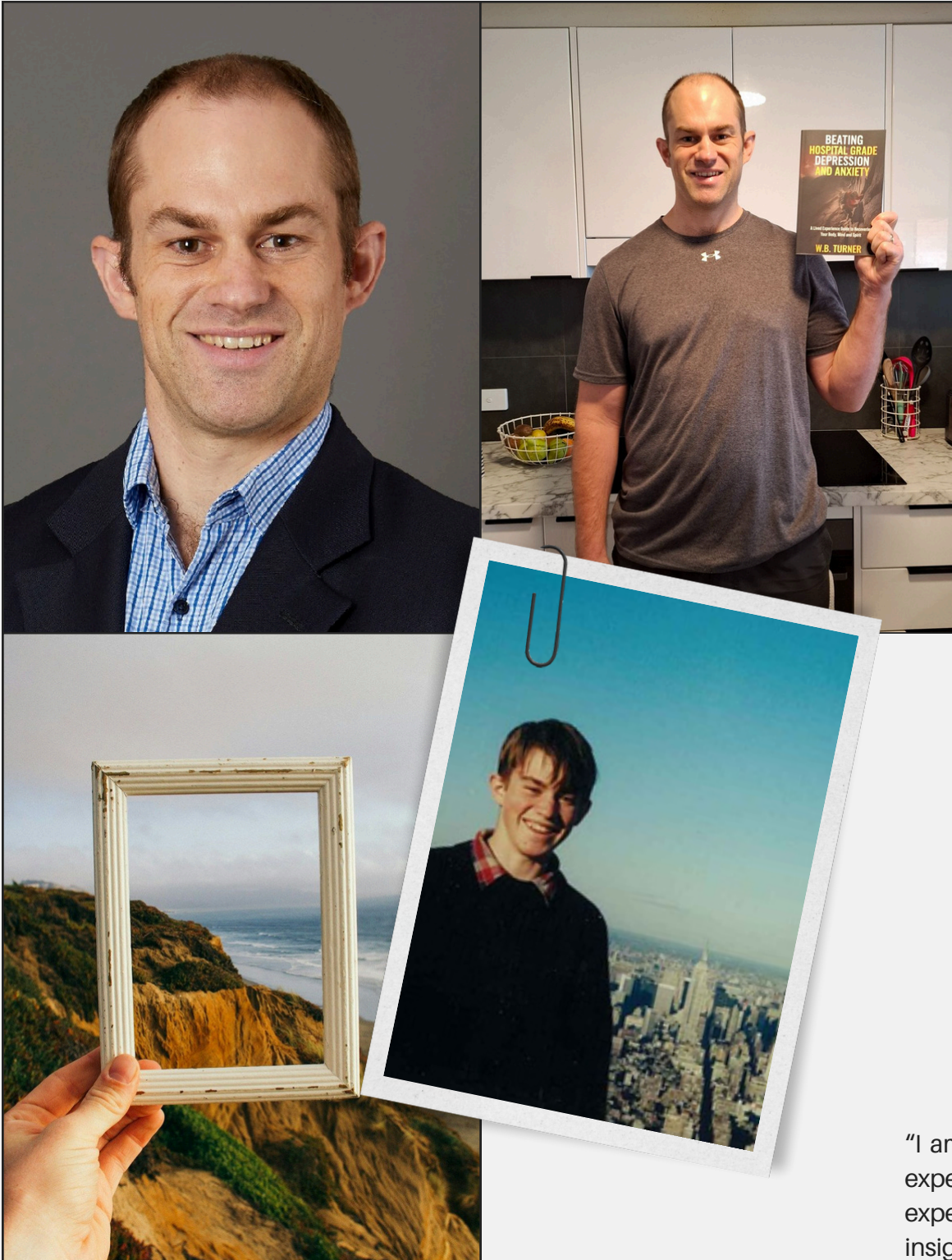
Once I was diagnosed, things got a whole lot better, although it took me another five years to be capable of full-time work again.

Will Turner is now working as a Customer Communications Manager. He is also the author of the book “Beating Hospital Grade Depression and Anxiety”



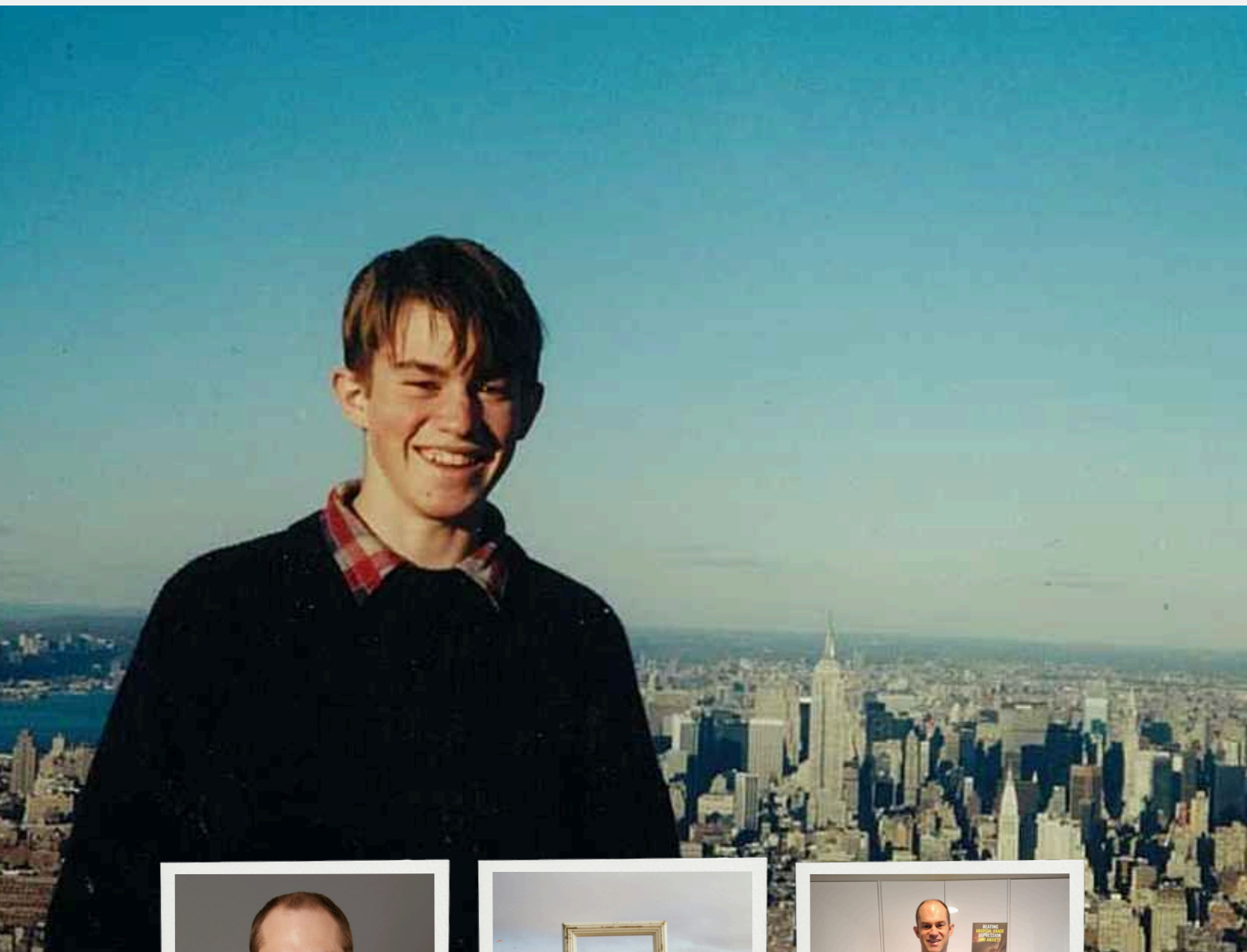
*What has been the experiences
of your Family Members &
Close Network?*

Will Turner Ans



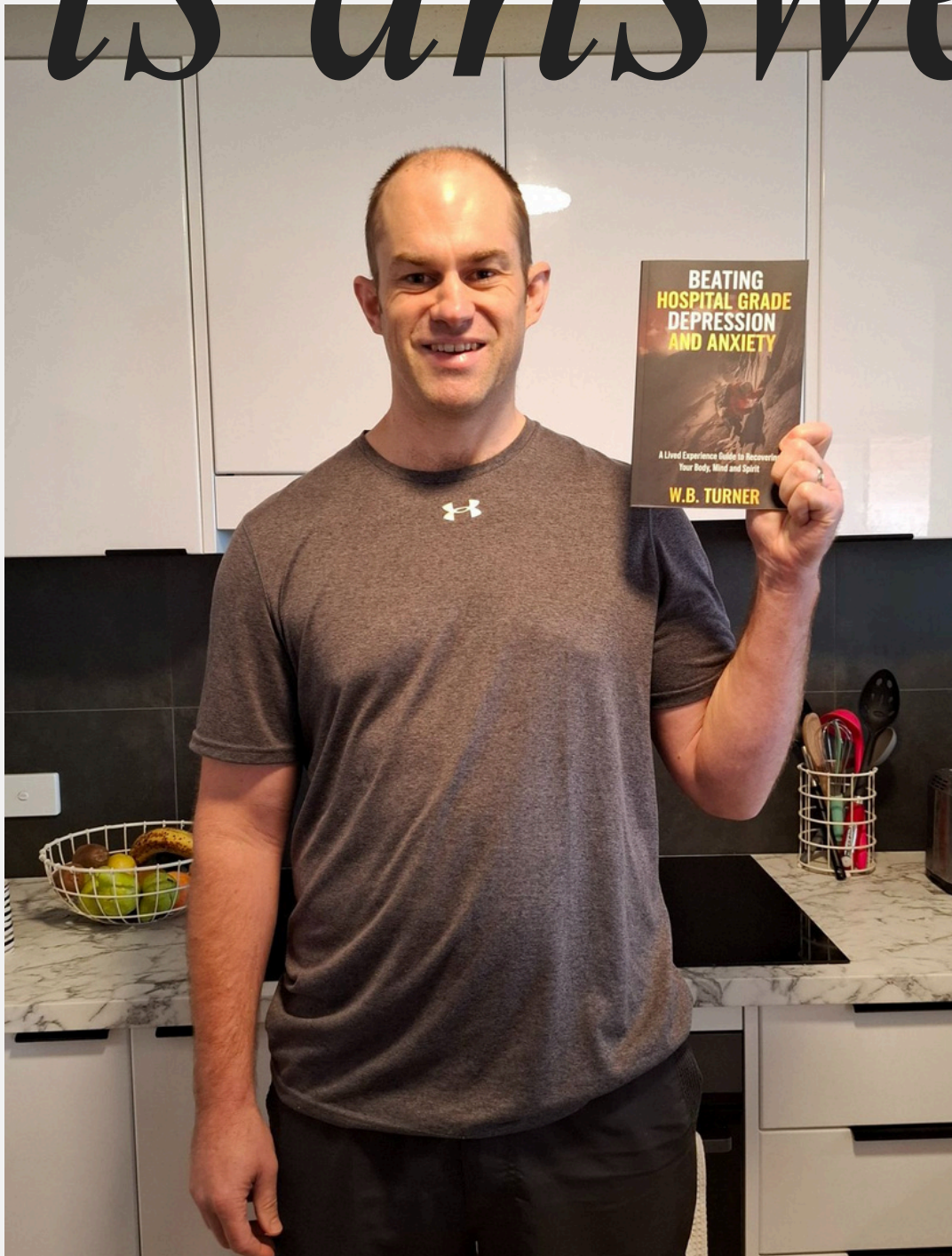
My family, especially my parents, were vital to caring for me in the worst points of my pre-diagnosis period when we didn't know what was wrong with me. I had many friends who played important roles in being there for me during this time as well. The same is true of the early years after I was diagnosed and was recovering my independence. I can't imagine I could have recovered successfully without so many supportive family and friends.

"I am not a clinician; my expertise lies in my lived experience and the insights I have gained through more than two decades that began with a significant breakdown involving hospitalisation, a long recovery process, and learning how to maintain my mental health as someone who works full-time and has a wife and four children."



*What is it that you've been
doing to manage
"Bipolar Disorder & OCD"?*

His answer



I came to a realisation just a couple of years ago that my recovery and my long-term management have revolved around the three aspects of body, mind and spirit. It's the basis of my book which was published earlier this year.

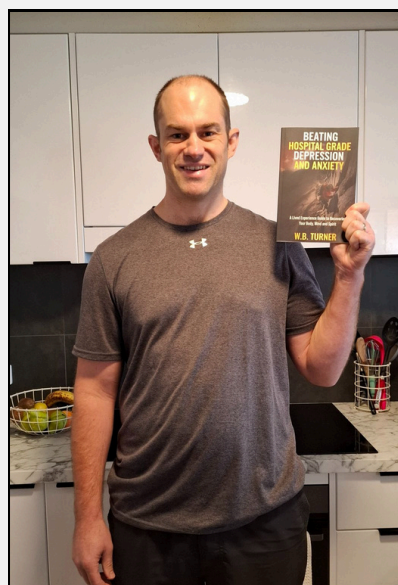


Answer Continues



Body: Recovery begins with caring for the whole body, from head to toe. I emphasise the “body basics” of nutrition, exercise and sleep. These fundamentals are crucial for maximising energy levels. By optimising these areas, it is easier to conserve, replenish and direct both physical and mental energy, which is vital for a thorough recovery and maintaining ongoing wellness.

Mind: How you think goes a long way in determining how mentally healthy you are. For this reason, improving and strengthening your mindset is key to resilience during life’s inevitable difficulties. I’ve been able to take the key learnings and practical insights from my years of therapy—much of it involving principles of cognitive behaviour therapy—to help make myself resilient during life’s inevitable ups and downs.



Spirit: The spiritual aspect, often overlooked in discussions about mental health, is in my view central to every person’s needs. For me, my Christian faith plays a significant role. This involves not only practices such as prayer and worship but also relationships and sources of inspiration such as movies—things not typically categorised as “spiritual” but which are nonetheless means of cultivating inner peace and motivation for life.

Ans. Contd



Together with consistently taking my prescribed medication, optimising my body, mind and spirit has seen me stay healthy and emotionally stable for many years now.

WILL TURNER

6th Question



FINAL QUES

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

Keep Winning! Series



Will Turner

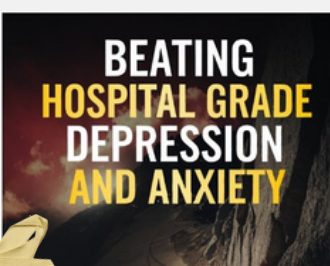
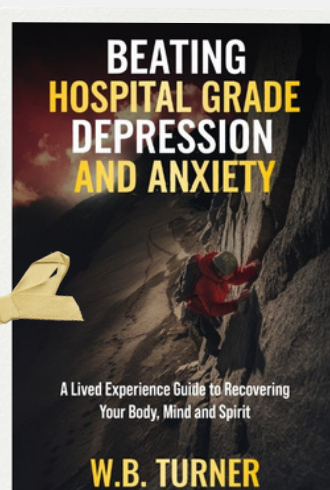
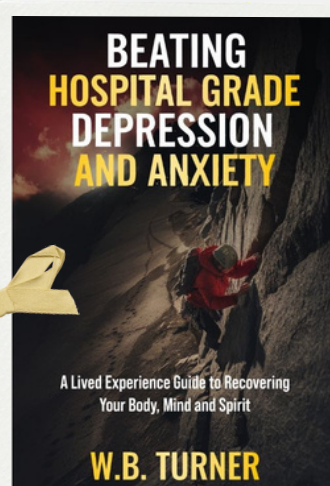
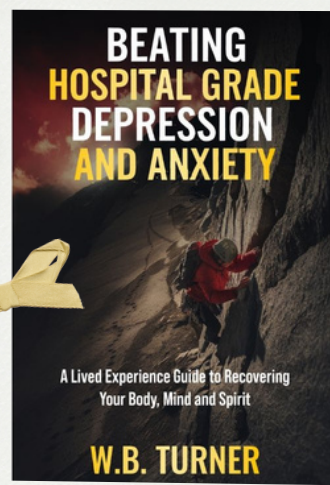
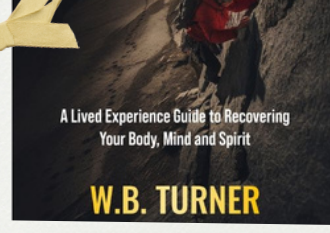
I want to offer a word of encouragement. The path of recovery is not linear. It's filled with twists and turns, highs and lows, but don't let that faze you. There will be moments of doubt and perhaps moments when you feel like you are back at square one.

No matter what kind of day you are having, you can always do something positive (or refrain from doing something negative) to help look after your body, whether that involves nutrition, sleep or exercise.

The human spirit's capacity for transformation is universal. Recovery is not just about managing your condition; it's about finding a purpose that transcends your struggles.

The challenges you face today can become your sources of strength and resilience tomorrow. That is what I see when I look back at myself in the hospital all those years ago.

"Beating Hospital Grade Depression and Anxiety: A Lived Experience Guide to Recovering Your Body, Mind and Spirit" by W.B. Turner is available from Amazon and Apple Books.



ANIKET CHAKRABORTY

FOUNDER OF LV ASTROMIND

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