



*Live Well*  
**BIPOLAR**

Bipolar Wellness Workbook



@LIVEWELLBIPOLAR



# WHO AM I?

PARIS SCOBIE - AUTHOR & PODCASTER

At 19, I was hospitalized and diagnosed with bipolar 1 disorder.

At 22, fresh out of college, I returned to work at the same facility where I was a court-ordered patient at.

I spent almost a decade silenced by stigma & coping in damaging ways.....

But at 25, I decided to launch my podcast, Live Well Bipolar, and interview others on what helped them



[@LIVEWELLBIPOLAR](https://www.instagram.com/livewellbipolar)



# GOING FROM HOPELESS TO HOPEFUL?

Launching Live Well Bipolar & publishing my memoir, Crooked Illness, were the biggest blessings along with identifying these things....



[@LIVEWELLBIPOLAR](https://www.instagram.com/livewellbipolar)

# TRIGGERS + TOOLS

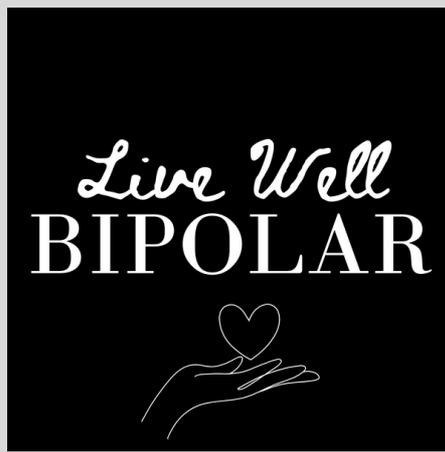
1  
WHAT ARE MY TRIGGERS?

2  
WHAT DOES WELLNESS LOOK LIKE FOR ME?

3  
WHAT TOOLS CAN HELP?

4  
HOW FAR HAVE I COME?

5  
HOW CAN I GET STARTED?



# 1

WHAT ARE MY  
TRIGGERS?



[@LIVEWELLBIPOLAR](https://www.instagram.com/livewellbipolar)

# LET'S GET CLEAR ON...

## My triggers

- SLEEP SCHEDULE OFF
- NO EXERCISE
- WANTING TO ISOLATE
- ARGUING/ FIGHTING
- UNEXPECTED CHANGES TO PLANS
- LOSING INTEREST IN PASSIONS
- STRESS
- DRINKING A LOT

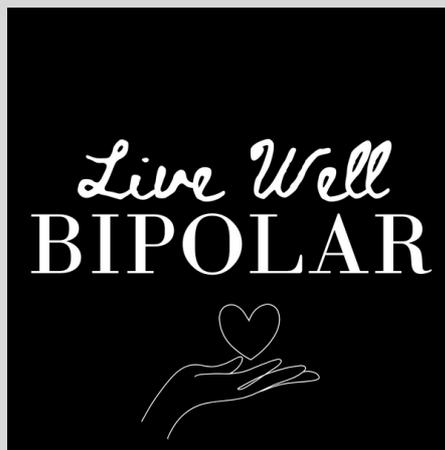
## Your triggers

- 
- 
- 
- 
- 
- 
- 
- 

Now that we know these.....



[@LIVEWELLBIPOLAR](https://www.instagram.com/livewellbipolar)



WHAT DOES  
WELLNESS LOOK  
LIKE  
FOR ME?



[@LIVEWELLBIPOLAR](https://www.instagram.com/livewellbipolar)

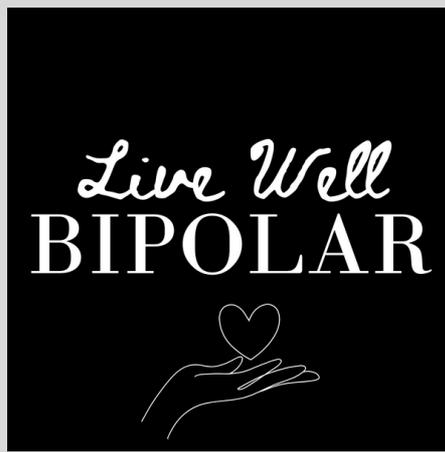
# WHAT DOES WELLNESS LOOK LIKE?

Wellness for me looks like being proud of myself and looking forward to things coming up. It looks like listening to myself and giving myself grace.....

What does it look like for you?



[@LIVEWELLBIPOLAR](https://www.instagram.com/livewellbipolar)



# WHAT TOOLS CAN HELP?



[@LIVEWELLBIPOLAR](https://www.instagram.com/livewellbipolar)

# TOOLS THAT CAN HELP



- Time in Nature
- Journaling
- Take a walk
- Call a friend
- Therapy
- Join a support group
- Deep breathing
- Make Time to Rest
- Listen to a podcast

- 
- 
- 
- 
- 
- 
- 
- 
-

*Live Well*  
**BIPOLAR**



HOW FAR  
HAVE I COME?



[@LIVEWELLBIPOLAR](https://www.instagram.com/livewellbipolar)

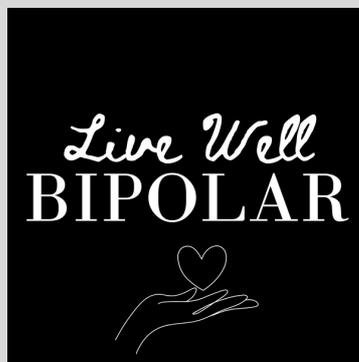
# Let's Celebrate

Share some of your wins:

Share 1 moment you are proudest of:



@LIVEWELLBIPOLAR

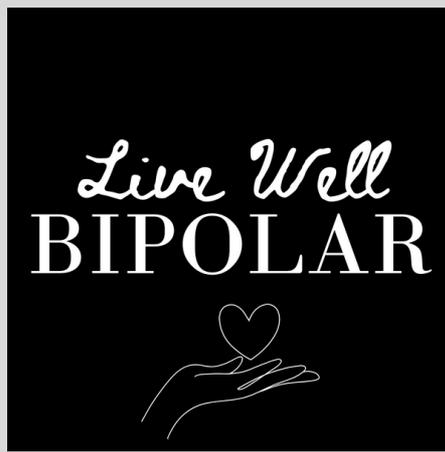


# LOOK HOW FAR YOU HAVE COME

I am grateful for...



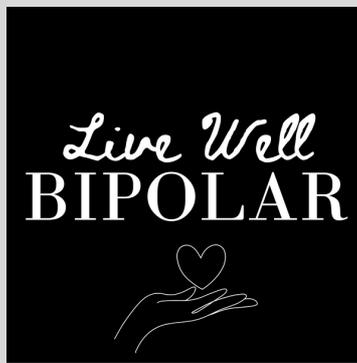
[@LIVEWELLBIPOLAR](https://www.instagram.com/LIVEWELLBIPOLAR)



HOW CAN I  
GET STARTED?



[@LIVEWELLBIPOLAR](https://www.instagram.com/livewellbipolar)



# HOW YOU CAN GET STARTED

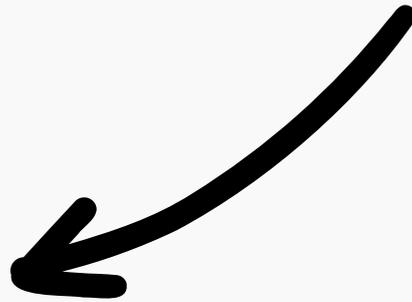
1. Start your day with gratitude
2. Remember to slow down
3. Celebrate your wins
4. Express your feelings to 1 person
5. Use this guide for a reminder



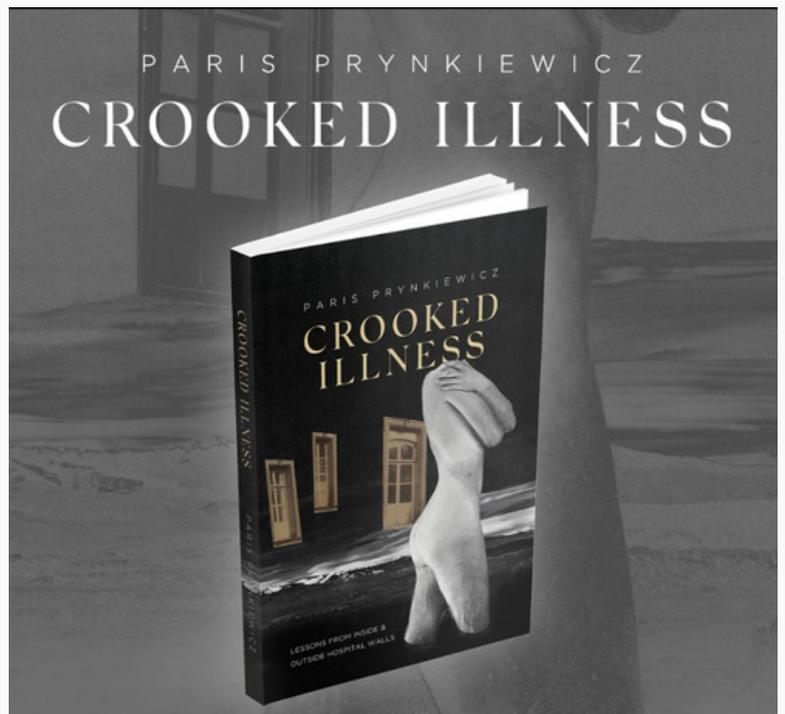
# RESOURCES FOR YOU



Check out the podcast



Read my book



S T A Y   C O N N E C T E D



@LIVEWELLBIPOLAR