

Safe Haven Connect CIC · Registered CIC

Living Well with Bipolar Disorder

A Practical Workbook for Understanding, Managing & Supporting Your Recovery

Welcome

Welcome to your Safe Haven Connect CIC · Living Well with Bipolar Disorder Workbook.

Living with bipolar disorder can bring periods of elevated mood, increased energy or activity, alongside periods of depression. These changes can affect relationships, work, education, sleep and everyday life. With the right treatment, support and self-management, many people with bipolar disorder lead fulfilling and meaningful lives.

This workbook has been created to help you better understand bipolar disorder, recognise patterns in your moods, develop practical coping strategies and prepare for conversations with healthcare professionals.

You do not have to complete every section. Use the workbook at your own pace and return to it whenever you need to.

What You'll Find Inside

Understanding bipolar disorder

Recognising manic, hypomanic and depressive symptoms

Mood tracking

Sleep and routine monitoring

Identifying triggers

Medication record

Early warning signs

Coping strategies

Crisis planning

Recovery goals

Appointment planner

Personal wellbeing plan

What is Bipolar Disorder?

Bipolar disorder is a mental health condition that affects a person's mood, energy levels and activity. People with bipolar disorder experience episodes of depression and episodes of mania or hypomania, with many people also having long periods of stability between episodes.

Everyone's experience is different. Some people have more depressive episodes, while others experience more manic or hypomanic episodes.

Treatment may include medication, psychological therapies, education, healthy routines and ongoing support from healthcare professionals.

Types of Bipolar Disorder

Bipolar I Disorder

Usually involves at least one episode of mania. Many people also experience episodes of depression.

Bipolar II Disorder

Involves episodes of depression alongside hypomania, which is a less severe form of mania.

Cyclothymia

A condition involving ongoing mood fluctuations with periods of mild depressive and hypomanic symptoms over a long period.

Your healthcare professional can explain which diagnosis, if any, applies to you.

Common Symptoms

During Depression

- ☐ Feeling sad or empty
- ☐ Loss of interest
- ☐ Low energy
- ☐ Poor concentration
- ☐ Sleeping too much or too little
- ☐ Feelings of worthlessness
- ☐ Changes in appetite
- ☐ Thoughts of death or suicide

During Mania or Hypomania

- ☐ Feeling unusually happy or energetic
- ☐ Needing very little sleep
- ☐ Talking much more than usual
- ☐ Racing thoughts
- ☐ Increased confidence
- ☐ Being easily distracted
- ☐ Increased spending
- ☐ Taking more risks
- ☐ Increased activity
- ☐ Irritability

Recovery Is Possible

Although bipolar disorder is a lifelong condition for many people, treatment and self-management can make a significant difference.

Many people find that learning their early warning signs, taking medication as prescribed, maintaining regular sleep and seeking support early can reduce the impact of mood episodes.

Before You Begin

Remember:

This workbook is for education and self-management.

It is not a replacement for professional care.

Complete the sections that are helpful to you.

Bring the workbook to appointments if you wish.

Be kind to yourself—progress takes time.

Next: Section 1 – About Me & My Bipolar Journey, where you'll record your diagnosis, support team, personal experiences, previous episodes, treatment history and what recovery means to you.

Section 1 – About Me & My Bipolar Journey

This section helps you build a picture of your experience with bipolar disorder. Everyone's journey is different, and there is no right or wrong way to complete these pages.

You can update this section whenever your circumstances change.

Personal Details

Name

Preferred Name

Date of Birth

NHS Number (Optional)

My Healthcare Team

Professional	Name	Contact Details
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GP		
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Psychiatrist		
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Community Mental Health Team		
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Care Coordinator		
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Psychologist		
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Therapist		
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Other		
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My Diagnosis

Diagnosis (if known)

☐ Bipolar I Disorder

☐ Bipolar II Disorder

☐ Cyclothymia

☐ Awaiting Assessment

☐ Not Sure

Year Diagnosed

Diagnosed By

My Mental Health Journey

When did you first notice changes in your mood?

What symptoms did you experience?

When were you first diagnosed?

Previous Mood Episodes

Approximately how many have you experienced?

Depressive Episodes

☐ 1–2

☐ 3–5

☐ More than 5

Hypomanic Episodes

☐ 1–2

☐ 3–5

☐ More than 5

Manic Episodes

☐ 1–2

☐ 3–5

☐ More than 5

Hospital Admissions (If Applicable)

Date	Hospital	Reason	Length of Stay
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Current Treatment

Tick all that apply.

☐ Mood stabiliser

☐ Antipsychotic medication

☐ Antidepressant

☐ Psychological therapy

☐ Community Mental Health Team

☐ GP reviews

☐ Peer support

☐ Self-help resources

☐ Other

What Has Helped Me Most?

☐ Medication

☐ Therapy

☐ Good sleep routine

☐ Family support

☐ Friends

☐ Exercise

☐ Healthy routine

☐ Avoiding alcohol or drugs

☐ Stress management

☐ Peer support

☐ Other

My Biggest Challenges

What Recovery Means to Me

Recovery looks different for everyone.

For me, recovery means...

My Strengths

Tick any strengths you recognise in yourself.

☐ Resilient

☐ Caring

☐ Creative

☐ Determined

- ☐ Honest
- ☐ Compassionate
- ☐ Good listener
- ☐ Problem solver
- ☐ Hopeful
- ☐ Strong sense of humour
- ☐ Supportive
- ☐ Other

Reflection

Your diagnosis is only one part of who you are. Bipolar disorder may bring challenges, but it does not define your abilities, your personality or your future. Understanding your own experiences is one of the most valuable steps you can take towards managing your wellbeing.

Next: Section 2 – Understanding My Mood Episodes, where you'll learn to recognise the differences between depression, hypomania and mania, identify your personal warning signs and build a clearer picture of your mood patterns over time.

Section 2 – Understanding My Mood Episodes

One of the most important parts of living well with bipolar disorder is recognising how your mood changes over time. Learning your personal warning signs can help you seek support early and reduce the impact of future episodes.

Everyone experiences bipolar disorder differently. You may identify with some of these experiences, all of them, or none at all.

My Mood Pattern

How would you describe your mood most of the time?

- ☐ Mostly stable
- ☐ Mostly low
- ☐ Mostly elevated
- ☐ Frequent mood changes
- ☐ Unsure

Understanding Depression

During a depressive episode I may experience:

- ☐ Feeling sad or empty
- ☐ Loss of interest in activities
- ☐ Feeling hopeless
- ☐ Low confidence
- ☐ Feeling guilty
- ☐ Sleeping too much
- ☐ Difficulty sleeping
- ☐ Low energy
- ☐ Poor concentration
- ☐ Changes in appetite
- ☐ Withdrawing from others
- ☐ Thoughts of death or suicide
- ☐ Other

Understanding Hypomania

During hypomania I may experience:

- ☐ Increased confidence
- ☐ Feeling unusually happy
- ☐ Feeling more productive
- ☐ Talking more
- ☐ Needing less sleep
- ☐ More creative ideas
- ☐ Increased motivation
- ☐ More sociable
- ☐ Racing thoughts
- ☐ Easily distracted
- ☐ Spending more money
- ☐ Taking more risks
- ☐ Other

Understanding Mania

During mania I may experience:

- ☐ Very little need for sleep
- ☐ Feeling unstoppable

- ☐ Extremely high energy
- ☐ Talking very quickly
- ☐ Racing thoughts
- ☐ Impulsive decisions
- ☐ Excessive spending
- ☐ Risk-taking behaviour
- ☐ Increased sexual drive
- ☐ Irritability or aggression
- ☐ Feeling invincible
- ☐ Hearing or seeing things others don't
- ☐ Strong beliefs others don't share
- ☐ Needing urgent medical support
- ☐ Other

My Personal Early Warning Signs

Before my mood changes, I usually notice:

Before Depression

- ☐ Sleeping more
- ☐ Feeling tired
- ☐ Losing motivation
- ☐ Cancelling plans
- ☐ Becoming quieter

☐ Poor concentration

☐ Feeling hopeless

☐ Other

Before Hypomania or Mania

☐ Sleeping less

☐ Talking more

☐ Feeling unusually confident

☐ Starting lots of new projects

☐ Spending more money

☐ Feeling restless

☐ Racing thoughts

☐ Becoming more impulsive

☐ Becoming more irritable

☐ Other

My Mood Triggers

What seems to affect your mood?

☐ Stress

☐ Lack of sleep

- ☐ Relationship difficulties
- ☐ Alcohol
- ☐ Recreational drugs
- ☐ Medication changes
- ☐ Physical illness
- ☐ Seasonal changes
- ☐ Work pressure
- ☐ Financial worries
- ☐ Major life events
- ☐ Other

What Usually Helps?

When I notice early warning signs, these things often help:

- ☐ Contacting my healthcare team
- ☐ Taking medication as prescribed
- ☐ Prioritising sleep
- ☐ Reducing stress
- ☐ Talking to someone I trust
- ☐ Following my daily routine
- ☐ Using coping strategies
- ☐ Avoiding alcohol or drugs
- ☐ Other

My Mood Reflection

I know my mood may be changing when...

The people closest to me usually notice...

The most important thing I want to remember is...

Remember

Recognising your mood changes early does not mean you've failed. It gives you the opportunity to take action, use your support network and seek help before symptoms become more severe. Over time, understanding your own patterns can become one of the most valuable tools in managing bipolar disorder.

Next: Section 3 – Mood Tracking & Daily Monitoring, featuring daily mood charts, sleep tracking, energy levels, medication adherence, anxiety, irritability, activity levels and space to identify patterns over weeks and months.

Section 3 – Mood Tracking & Daily Monitoring

Tracking your mood each day can help you recognise patterns, identify early warning signs and understand what affects your wellbeing. Many people find that changes in sleep, energy or routine happen before a mood episode develops.

You don't have to complete this every day—even a few entries each week can be helpful.

Daily Mood Tracker

Date	Mood (1–10)	Depression (1–10)	Elevated Mood (1–10)	Anxiety (1–10)
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Sleep Record

Sleep is often one of the earliest signs that your mood may be changing.

Date	Hours Slept	Sleep Quality (1–10)	Woke Feeling Rested?
------	-------------	----------------------	----------------------

☐ Yes ☐ No
☐ Yes ☐ No
☐ Yes ☐ No
☐ Yes ☐ No
☐ Yes ☐ No

Energy Levels

How energetic did you feel today?

Date Energy (1–10) Notes

Daily Check-In

Today I...

- ☐ Took my medication
- ☐ Ate regular meals
- ☐ Drank enough water
- ☐ Left the house
- ☐ Exercised
- ☐ Spoke to someone
- ☐ Attended work or education
- ☐ Relaxed
- ☐ Used coping strategies
- ☐ Kept to my routine

Changes I Noticed Today

Tick anything you experienced.

Thoughts

- ☐ Racing thoughts
- ☐ Negative thoughts
- ☐ Difficulty concentrating
- ☐ Increased confidence
- ☐ Feeling hopeless
- ☐ Feeling unusually optimistic
- ☐ Intrusive thoughts
- ☐ Other

Emotions

- ☐ Calm
- ☐ Happy
- ☐ Sad
- ☐ Irritable
- ☐ Angry
- ☐ Anxious
- ☐ Overwhelmed
- ☐ Tearful
- ☐ Emotionally numb
- ☐ Euphoric

Behaviour

- ☐ Talked more than usual
- ☐ Talked less than usual
- ☐ Spent more money
- ☐ Avoided people
- ☐ Started new projects
- ☐ Finished tasks
- ☐ Couldn't settle
- ☐ Took unnecessary risks
- ☐ Stayed in bed
- ☐ Other

Medication Record

Did I take my medication today?

- ☐ Yes
- ☐ No

If no, why?

Possible Triggers Today

- ☐ Poor sleep
- ☐ Stress

- ☐ Work
- ☐ Family
- ☐ Relationships
- ☐ Money
- ☐ Physical illness
- ☐ Alcohol
- ☐ Drugs
- ☐ Missed medication
- ☐ Conflict
- ☐ Other

What Helped Today?

Tick anything that helped.

- ☐ Good night's sleep
- ☐ Medication
- ☐ Walking
- ☐ Exercise
- ☐ Talking to someone
- ☐ Therapy skills
- ☐ Relaxation
- ☐ Music
- ☐ Time outdoors

☐ Routine

☐ Rest

☐ Other

End of Day Reflection

Today went well because...

Today was difficult because...

Tomorrow I will try to...

Weekly Pattern Review

At the end of each week, take a few moments to reflect.

My mood this week was mostly:

☐ Stable

☐ Low

☐ Elevated

☐ Mixed

I noticed these patterns:

Next week I want to focus on:

Remember

Small changes in mood, sleep, energy or behaviour can sometimes be the earliest signs that your mental health is changing. Tracking these patterns is not about judging yourself—it is about understanding yourself better and giving yourself the opportunity to seek support early if needed.

Next: Section 4 – Medication, Treatment & Staying Well, covering mood stabilisers, therapy, medication reviews, side effects, healthy routines and building a personalised plan to maintain stability.

Section 4 – Medication, Treatment & Staying Well

Finding the right treatment for bipolar disorder can take time. Many people need a combination of medication, healthy routines, psychological support and self-management strategies to help maintain stability.

This section helps you keep an organised record of your treatment and what works best for you.

My Current Medication

Medication	Dose	When I Take It	Prescribed By	Purpose
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Previous Medication

Medication	Dates Taken	Why It Changed	Side Effects
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Medication Review

Is my current treatment helping?

- ☐ Yes
- ☐ Mostly
- ☐ A little
- ☐ No

Improvements I've noticed

- ☐ More stable moods
- ☐ Better sleep
- ☐ Less anxiety
- ☐ More energy
- ☐ Better concentration
- ☐ Fewer mood episodes
- ☐ Improved relationships
- ☐ Better quality of life
- ☐ Other

Side Effects I've Experienced

- ☐ Drowsiness
- ☐ Weight gain
- ☐ Weight loss
- ☐ Dry mouth
- ☐ Tremor
- ☐ Headaches
- ☐ Nausea
- ☐ Dizziness
- ☐ Poor concentration
- ☐ Sexual side effects
- ☐ Feeling emotionally flat

☐ Other

Medication Reminder

Never stop taking prescribed medication suddenly unless you have been advised to do so by the healthcare professional responsible for your care. If you have concerns about your medication, arrange a review to discuss them.

Therapy & Support

Tick any support you currently receive.

☐ Psychiatrist

☐ GP

☐ Community Mental Health Team

☐ Community Psychiatric Nurse (CPN)

☐ Psychologist

☐ Counsellor

☐ CBT

☐ Family Therapy

☐ Group Therapy

☐ Peer Support

☐ Support Worker

☐ Occupational Therapy

☐ Other

My Treatment Goals

What am I currently working towards?

- ☒ Maintaining stable moods
- ☒ Improving sleep
- ☒ Recognising early warning signs
- ☒ Managing stress
- ☒ Building healthy routines
- ☒ Improving relationships
- ☒ Returning to work or education
- ☒ Improving physical health
- ☒ Building confidence
- ☒ Other

Staying Well Plan

The things that help me stay well are:

- ☐ Taking medication as prescribed
- ☐ Keeping a regular sleep routine
- ☐ Eating regular meals
- ☐ Exercising
- ☐ Limiting alcohol

☐ Avoiding recreational drugs

☐ Managing stress

☐ Talking to trusted people

☐ Attending appointments

☐ Using coping strategies

☐ Taking breaks

☐ Spending time outdoors

☐ Other

What Makes My Bipolar Harder to Manage?

Questions for My Healthcare Team

1.

2.

3.

4.

5.

My Personal Recovery Plan

When I am feeling well, I will continue to...

If I notice my mood beginning to change, I will...

The people who can support me are...

Reflection

Medication is only one part of managing bipolar disorder. Many people find that regular sleep, healthy routines, supportive relationships, psychological therapies and recognising early warning signs are just as important in maintaining long-term wellbeing. Finding the right combination of treatments takes time, and it's okay to ask questions and work with your healthcare team to find what suits you best.

Next: Section 5 – Triggers, Relapse Prevention & Crisis Planning, where you'll identify personal triggers, recognise early warning signs of depression, hypomania and mania, create a personalised relapse prevention plan and develop a practical crisis plan for times when you need additional support.

Section 5 – Triggers, Relapse Prevention & Crisis Planning

Relapse prevention is one of the most effective ways to manage bipolar disorder. By recognising your own patterns and acting early, you may be able to reduce the severity or length of future mood episodes.

Remember, needing extra support does not mean you have failed. Asking for help early is a sign of strength.

My Personal Triggers

Tick any triggers that have affected your mood in the past.

- ☐ Lack of sleep
- ☐ Stress at work
- ☐ Financial worries
- ☐ Relationship difficulties
- ☐ Family conflict
- ☐ Physical illness
- ☐ Alcohol

- ☐ Recreational drugs
- ☐ Missing medication
- ☐ Seasonal changes
- ☐ Bereavement
- ☐ Major life changes
- ☐ Social isolation
- ☐ Overworking
- ☐ Too many commitments
- ☐ Travel or disrupted routines
- ☐ Other

My Early Warning Signs of Depression

Tick the signs you notice before your mood becomes low.

- ☐ Sleeping more
- ☐ Feeling tired all the time
- ☐ Cancelling plans
- ☐ Losing motivation
- ☐ Avoiding people
- ☐ Poor concentration
- ☐ Feeling hopeless
- ☐ Crying more often
- ☐ Appetite changes

☐ Losing interest in hobbies

☐ Increased anxiety

☐ Other

My Early Warning Signs of Hypomania or Mania

☐ Sleeping less

☐ Feeling unusually confident

☐ Talking faster

☐ Racing thoughts

☐ Increased energy

☐ Becoming more sociable

☐ Starting many new projects

☐ Spending more money

☐ Taking more risks

☐ Feeling irritable

☐ Increased goal-focused activity

☐ Feeling invincible

☐ Other

What Helps Me Stay Stable?

Tick the things that make the biggest difference.

- ☐ Taking medication
- ☐ Keeping regular sleep
- ☐ Following a daily routine
- ☐ Healthy eating
- ☐ Regular exercise
- ☐ Talking to trusted people
- ☐ Therapy
- ☐ Attending appointments
- ☐ Relaxation exercises
- ☐ Spending time outdoors
- ☐ Limiting alcohol
- ☐ Avoiding drugs
- ☐ Taking regular breaks
- ☐ Other

My Relapse Prevention Plan

If I notice my mood beginning to change, I will:

- ☐ Tell someone I trust
- ☐ Contact my GP
- ☐ Contact my mental health team
- ☐ Prioritise sleep

- ☐ Reduce stress
- ☐ Take time off if needed
- ☐ Continue taking medication
- ☐ Avoid alcohol and drugs
- ☐ Cancel unnecessary commitments
- ☐ Review this workbook
- ☐ Other

People Who Can Help Me

My Professional Support

Service	Contact Details
GP	
Community Mental Health Team	
Psychiatrist	
Crisis Team	
Other	

My Crisis Plan

If I become seriously unwell:

The first person I would like contacted is:

They can help by:

If I am becoming manic or severely depressed, the signs others usually notice are:

Things that usually help me during a crisis:

- ☐ Quiet environment
- ☐ Reassurance
- ☐ Someone staying with me
- ☐ Contacting my healthcare team
- ☐ Medication review
- ☐ Limiting stimulation

☐ Rest

☐ Other

Things that do not help me:

Emergency Contacts

Contact	Telephone
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Family/Friend	
---------------	--

GP Surgery	
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Mental Health Team	
--------------------	--

NHS 111	111
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Emergency Services	999
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My Hope for the Future

Living with bipolar disorder does not stop you from achieving your goals, building relationships or enjoying life. Recovery is about learning what helps you stay well, recognising when you need support and continuing to move forward, one step at a time.

Write one thing you're hopeful for:

Reflection

Your relapse prevention plan belongs to you. Review it regularly, update it as your circumstances change and share it with people you trust if you feel comfortable doing so. The better you understand your own warning signs, the more prepared you can be to respond early and protect your wellbeing.

Next: Section 6 – Living Well with Bipolar Disorder, including building healthy routines, managing work and relationships, improving sleep, reducing stress, setting recovery goals and creating your long-term wellbeing plan.

Section 6 – Living Well with Bipolar Disorder

Living well with bipolar disorder doesn't mean never experiencing mood changes. It means understanding your condition, developing healthy habits, recognising early warning signs and building a life that supports your wellbeing.

Recovery is a journey, and small, consistent steps can make a meaningful difference over time.

My Healthy Daily Routine

Tick the habits you'd like to build into your day.

- ☐ Wake up at the same time each day
- ☐ Go to bed at a regular time
- ☐ Eat regular meals
- ☐ Drink enough water

- ☐ Take medication as prescribed
- ☐ Exercise or stay active
- ☐ Spend time outdoors
- ☐ Relax or practise mindfulness
- ☐ Speak to someone I trust
- ☐ Limit screen time before bed
- ☐ Make time for hobbies
- ☐ Keep a daily routine
- ☐ Other

Looking After My Sleep

Sleep plays a vital role in managing bipolar disorder.

Tick the strategies that help you sleep well.

- ☐ Keep the same bedtime
- ☐ Avoid caffeine late in the day
- ☐ Avoid alcohol before bed
- ☐ Keep my bedroom quiet and comfortable
- ☐ Reduce screen time before sleep
- ☐ Read a book
- ☐ Relaxation exercises
- ☐ Listen to calming music
- ☐ Avoid long daytime naps

☐ Other

Managing Stress

When I feel stressed, I can:

☐ Go for a walk

☐ Exercise

☐ Deep breathing

☐ Meditation

☐ Journal my thoughts

☐ Talk to someone

☐ Spend time in nature

☐ Listen to music

☐ Take regular breaks

☐ Reduce my workload

☐ Ask for help

☐ Other

Building Healthy Relationships

The people who make me feel supported are:

The people I may need healthier boundaries with are:

Ways I can improve my relationships:

Work, Education & Daily Responsibilities

What helps me manage my responsibilities?

- ☐ Keeping a planner
- ☐ Breaking tasks into smaller steps
- ☐ Taking regular breaks
- ☐ Asking for support
- ☐ Flexible working or study
- ☐ Prioritising important tasks

☐ Maintaining routines

☐ Other

Things That Bring Me Joy

Tick the activities that improve your wellbeing.

☐ Walking

☐ Reading

☐ Music

☐ Art or crafts

☐ Gardening

☐ Cooking

☐ Photography

☐ Spending time with family

☐ Spending time with friends

☐ Pets

☐ Volunteering

☐ Learning something new

☐ Watching films

☐ Gaming

☐ Other

My Recovery Goals

My goals for the next month

1.

2.

3.

My goals for the next six months

My long-term goals

Celebrating Progress

Things I have achieved recently:

Things I am proud of:

My Personal Wellbeing Promise

I promise to:

- ☐ Ask for help when I need it.
- ☐ Be patient with myself.
- ☐ Remember that recovery isn't always linear.
- ☐ Celebrate small achievements.
- ☐ Continue learning about my mental health.
- ☐ Follow my treatment plan.
- ☐ Prioritise sleep and self-care.

☐ Treat myself with kindness and compassion.

Positive Affirmations

Choose the statements that feel helpful to you.

☐ My diagnosis does not define me.

☐ I am stronger than I realise.

☐ I deserve support.

☐ Recovery takes time, and that's okay.

☐ Every small step matters.

☐ I can learn to manage my condition.

☐ I have overcome difficult days before.

☐ I am worthy of hope, respect and kindness.

Write your own affirmation:

Final Reflection

Living with bipolar disorder can sometimes feel unpredictable, but it does not take away your strengths, your abilities or your potential. By understanding your own patterns, following your treatment plan, maintaining healthy routines and reaching out for support when needed, you can build a life that feels meaningful and fulfilling.

Remember, recovery is not about being perfect—it's about continuing to move forward, one day at a time.

Next: Resources, Crisis Support, Final Notes, Disclaimer, About Safe Haven Connect CIC and copyright page, completing the workbook.

Resources & Crisis Support

Living with bipolar disorder can sometimes feel overwhelming, but you do not have to face it alone. Reaching out for support early can make a significant difference.

My Personal Support Network

Family & Friends

Name	Relationship	Telephone
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Healthcare Professionals

Service	Contact Details
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GP

Psychiatrist

Community Mental Health Team

Care Coordinator

Therapist

Other

Helpful Questions for Appointments

You may wish to ask:

☐ Is my current treatment still right for me?

☐ Should my medication be reviewed?

- ☐ Are there therapies that may help?
- ☐ What should I do if I notice early warning signs?
- ☐ What support is available locally?
- ☐ Are there support groups I could join?
- ☐ What should I do if I experience side effects?
- ☐ Other:

Useful Self-Care Checklist

Regularly ask yourself:

- ☐ Have I been sleeping well?
- ☐ Have I taken my medication?
- ☐ Have I eaten balanced meals?
- ☐ Have I been physically active?
- ☐ Have I spoken to someone recently?
- ☐ Have I noticed changes in my mood?
- ☐ Have I been managing stress?
- ☐ Do I need extra support?

Helpful Reminders

Recovery takes time.

Every mood episode is temporary.

You are more than your diagnosis.

Small routines often make a big difference.

Sleep is one of the most powerful tools in managing bipolar disorder.

Asking for help is a strength, not a weakness.

Progress is rarely a straight line.

My Notes

Crisis Support

If you feel that you are unable to keep yourself safe, or you believe someone else is at immediate risk, call 999 immediately or go to your nearest Accident & Emergency (A&E) department.

If you need urgent medical advice, contact NHS 111 or your local mental health crisis team.

If you are already under the care of mental health services, follow the crisis plan agreed with your care team.

Disclaimer

This workbook has been created by Safe Haven Connect CIC to provide educational information, practical tools and self-management strategies for people living with bipolar disorder.

It is not intended to diagnose, treat or replace advice from a qualified healthcare professional. Always seek guidance from your GP, psychiatrist or other healthcare professional regarding your individual care and treatment.

If you believe you are experiencing a mental health emergency or are at immediate risk of harm, contact emergency services immediately.

About Safe Haven Connect CIC

Safe Haven Connect CIC is a UK Community Interest Company dedicated to making mental health support more accessible.

We provide free wellbeing resources, practical workbooks, self-help tools, peer support, educational content and information to help people better understand and manage their mental wellbeing.

Our aim is to ensure that nobody has to face mental health challenges alone.

Website:

<https://safehavenconnect.org>

Free Workbook Library:

<https://safehavenconnect.org/workbooks>

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