

HOW TO COPE WITH BIPOLAR DISORDER

It is possible to see yourself as an Olympic athlete when managing Bipolar Disorder.

As such, you have a goal and you train yourself as an athlete with that goal in mind.

As a bipolar patient, your goal is to be mentally healthy and stay stable for as long as possible without any serious episodes of depression and mania.

If you are an Olympic athlete striving for peak performance, you will have to train yourself everyday to make significant changes in your performance.

These changes may take time and you may even resist them at first; but the sooner you make the changes, the greater chance you will achieve the result you desire. Sleep plays a pivotal role in stabilizing your moods. It is therefore important to keep a regular sleep pattern to regulate your brain chemistry, which is often the culprit of the disorder www.BharatBhasha.com

SELF CARE

You can take an active role in the treatment of Bipolar Disorder. Focus on things you can do for yourself:

- learn more about your condition
- Recognise what triggers your episodes
- Track your symptoms
- Set up a system to help you keep track of your medication
- Talk with your healthcare provider to see if a support group is right for you.

DID YOU KNOW?

Have you ever tried walking on sand?

It has been proven that this burns up to 2.7 times more calories than walking on solid ground.

Walking on sand also tones up your legs and buttocks more than walking on a pavement.

So why don't you get yourself down to Aberdeen beach for a stroll along the sand, the benefits are worthwhile.

IN THE MOOD

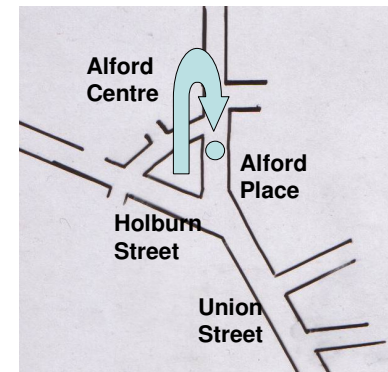
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NEWSLETTER BY

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The views expressed are those of the authors and not necessarily those of Bipolar Aberdeen.

Office News

Hello again

We seem to be well and truly into autumn. It would be lovely if we could get the Indian summer some forecasters have spoken about I was standing in the lashing rain listening to this comment so I am not sure I am convinced.

I hope you have managed to 'check out' our new website. www.bipolar.uk.com You will be able to see who the speaker is for the next and up coming months support meetings.

The more people who hit the site the easier it will be to find !!!!!

Although the office has been relatively quiet we have had several new contacts in to visit us. I am still looking forward to meeting more of you.

I have attended courses on how to work with funders and how to make applications for funding from trusts and companies. I found this very interesting.

Take care
Morag

Future Events

The next support meeting is on the 30th of October and the speaker is Gillian Coats Senior social worker and mental health officer.

Gillian is going to give an overview of the mental health act including advanced statements and named people as used with in the act.

Some of you have been sending in recipes but we still need a lot more. If any of you would like to assist in the production of the book we would love the help.

A friendly face and a cup of coffee await you at the office.

Can I remind you that you can receive IN THE MOOD by e-mail, please let us know, not only will it save money but its more environmentally friendly.

Please also remember that if you feel you need or want some support on a one to one basis all you have to do is make contact with Morag and I can arrange a convenient time and place for a meeting.

BENEFIT REFORMS – WHAT IS THE FACTS?

From 27/10/08, people making a new claim to benefit because they are sick will have to claim a new benefit called Employment and support allowance.

Right now there are almost 2.8 million people in the UK claiming sickness benefit.

Government research shows the majority of these people want to work, but the numbers keep rising.

There are three possible outcomes of a medical:

Not sick – will have to claim another benefit, like job seekers allowance.

Eligible for the work related component – not ready for work now but could be in the future with the right support.

Eligible for the support component – too ill to look for work in the foreseeable future.

Will get benefit, but don't have to work with an adviser unless they want to.

HOW WILL THE CHANGES AFFECT ME?

If you are already on incapacity benefit, income support or severe disablement allowance, they wont affect you at all. Your benefit rights are protected. You don't have to fill in any forms or reapply.

Alan Macdonald, Pathways to Work Advisor.

REDUCE YOUR ENERGY BILLS WITH 4 FREE ENERGY SAVING BULBS

If you are aged 70 and over, or you are in receipt of benefits, including DLA you are eligible for this offer.

As part of the Government's commitment to reduce the amount of energy we use, eaga, working with the Government and energy suppliers, has four energy saving light bulbs available to selected homes who we believe are eligible.

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LO6VM**