



# My Bipolar Goals—What Are They?

Take an active role in your treatment of bipolar disorder. Talk with your doctor to help you choose one or more goals you are ready to work on now.

## Goal 1



### Medicines

- I will take my medicines as directed, even when I am feeling better.
- I will call my doctor if I have any questions about my medicines.

## Goal 2



### Doctor Visits

- I will keep my doctor visits.
- I will tell my doctor if I have trouble taking my medicine as directed.

## Goal 3



### Talk Therapy

- I will consider talking to a therapist or therapy group about how I feel.
- I will keep my scheduled therapy visits.

## Goal 4



### Taking Care of Myself

- I will keep a regular schedule. This includes eating properly, exercising, and maintaining a regular sleep schedule as directed by my doctor.
- I will try to learn ways to reduce stress, such as exercise, relaxation, or reading.
- I will avoid drugs of abuse (prescription, nonprescription, and street drugs) and alcohol.

## Goal 5



### Risky or Unusual Activities

- I will consider asking a trusted friend or family member to watch for signs of changing behavior.

## Goal 6



### Keeping a Mood Chart

- I will keep track of my moods and try to learn my triggers and warning signs.

## Goal 7



### Asking for Help

- I will consider joining a bipolar disorder support group.
- I will consider asking for help from my trusted family, friends, and healthcare providers when I need it.

## Goal 8



### Emergency

- I will call 911, my doctor, or the National Hopeline Network at 800-SUICIDE (800-784-2433) if I have thoughts of death or suicide.
- I will call my doctor right away if my symptoms get worse.
- I will talk to my doctor right away if street drugs or alcohol are a problem for me.