Bipolar Disorder **(**[**https://www.nhs.uk/conditions/bipolar-disorder/**](https://www.nhs.uk/conditions/bipolar-disorder/)**)**

**Summary:**

**Bipolar disorder is a mental health condition that affects your moods, which can swing from one extreme to another. It used to be known as manic depression.**

People with bipolar disorder have episodes of:

* depression – feeling very low and lethargic
* mania – feeling very high and overactive

Symptoms of bipolar disorder depend on which mood you're experiencing.

Unlike simple mood swings, each extreme episode of bipolar disorder can last for several weeks (or even longer), and some people may not experience a "normal" mood very often.

**Symptoms:**

During a period of depression, your symptoms may include:

* feeling sad, hopeless or irritable most of the time
* lacking energy
* difficulty concentrating and remembering things
* loss of interest in everyday activities
* feelings of emptiness or worthlessness
* feelings of guilt and despair
* feeling pessimistic about everything
* self-doubt
* being delusional, having hallucinations and disturbed or illogical thinking
* lack of appetite
* difficulty sleeping
* waking up early
* suicidal thoughts

**Strategies:**

The teaching skills that make a classroom teacher successful with typical students are essential when working with young people who have bipolar disorder:

Flexibility to adapt assignments, curriculum and presentation style as needed. Patience to ignore minor negative behaviours, encourage positive behaviours, and provide positive behavioural choices. Most important is the ability to stay calm and be a model of desired behaviour.

Good conflict management skills to resolve conflicts in a non-confrontational, non-combative, safe, and positive manner. Receptivity to change and to working collaboratively with the child’s parents, doctors, and other professionals to best meet the needs of the student.