

Bi Polar Disorders

Our Vision

At PRIMEXL we aim to be the partner of choice in the creation of better organisations and better lives.

Our Values

We value:

- **Meaningful relationships**
- **Premium quality services**
- **Innovation** – we are always looking for ways to add more value to our clients
- **Accountability for our performance**

For more information about our suite of solutions, please contact:

PRIMEXL

461 Scarborough Beach Road
OSBORNE PARK WA 6017

PHONE +61 8 9492 8900

FAX +61 8 9446 8089

FREECALL 1800 674 188

EMAIL training@primexl.com.au

WEB www.primexl.com.au

Everyone in life has ups and downs. Changes in moods such as happiness, sadness and anger are all normal emotions. In contrast people with the medical condition of Bipolar Disorder have mood swings out of proportion or unrelated to events and circumstances in their lives.

The illness may result in a person's moods swinging from overly 'high' and irritable to sad or hopeless and then back again with periods of normal mood in between.

These mood swings effect their thoughts, feelings, physical health, behaviour and daily functioning. Bipolar disorders are also known as Manic-Depressive illnesses.

Bipolar disorders usually begin in adolescence or early adulthood, although sometimes it may start in childhood or as late as the 40's and 50's. It is often not recognised as an illness and people who have it may suffer needlessly for years.

Current research suggests that bipolar disorders may be due to an inherited lack of stability in the transition of nerve impulses in the brain which results in a biochemical vulnerability to emotional and physical stresses. The condition is believed to be genetic and may run in families. One in seven children who have one parent with bipolar disorders may also develop the condition.

Episodes can last days, months or sometimes even years. On average, without treatment, most manic or hypomanic episodes can last a few months and the depressive episode well over six months. Some people may rapidly cycle (cyclothymic type) through episodes continuously or frequently through the year. Men are more likely to begin with a manic episode and women with a depressive episode. The average person with a bipolar disorder has four episodes within the first ten years of the illness.

Over the course of bipolar disorders four different kinds of mood episodes can occur.

For each episode symptoms can include:

Mania Episode

- Lasting for more than one (1) week
- Feeling unusually 'high', euphoric, or irritable
- Needing little sleep yet having great amounts of energy
- Talking so fast that others can't follow your thinking
- Having racing thoughts
- Being so easily distracted that your attention shifts between things or topics within a few minutes
- Inflated feelings of power, greatness or importance
- Doing reckless things without concern for possible consequences
- Inappropriate sexual behaviour, making foolish business investments
- Hallucinations (hearing or seeing things which aren't there) or delusions (believing things that aren't true)

Hypomania Episode

- Lasting for more than one (1) week
- A milder form of mania with similar but less severe symptoms and impairment. Often people experience an elevated mood, and may feel better or more productive than usual.

Major Depressive Episode

- Lasting for at least two (2) weeks
- Feeling sad, blue, or down in the dumps
- Trouble sleeping or sleeping too much
- Loss of appetite or eating too much
- Problems concentrating or making decisions
- Feeling slowed down or too agitated to sit still
- Feeling worthless, guilty or having very low self esteem
- Loss of energy or feeling tired all the time
- Thoughts of suicide or death

Mixed Episode

- Both mania and depression occur at the same time or alternate frequently in short periods of time. A person may feel excitable or agitated yet also feel irritable and depressed.

Important:

If you believe that you or someone that you know may have a bipolar disorder we advise you to please seek professional help from either a doctor, a psychologist or a psychiatrist.

To access the PRIMEXL EAP service simply contact us on 08 9492 8900 and arrange an appointment or visit www.primexl.com.au for further information.