

Bipolar Disorder

Bipolar disorder, previously known as manic depression, is characterized by periods of depression and periods of abnormally elevated mood that each last from days to months.

Background

- Mood swings – inability to self-regulate emotions
 - Stress
 - Inability to return to joy
- Late adolescence and early adulthood onset (ages 18-25)
 - Failure in psychological development
 - Emotional abandonment
 - Over-control
 - Traumatic and abusive experiences in childhood
 - Surviving a harsh environment
- Comorbidities
 - ADHD, PTSD, OCD, personality and mental health disorders
 - Substance abuse from attempting to control moods
 - Anxiety disorders, obesity, suicidal ideation

Symptoms

- Depression
 - Depressive episodes are much longer
 - May be misdiagnosed and treated with antidepressants
- Mania
 - Manic or hypomanic episodes self-generate
 - Can be induced by sleep deprivation
- Imbalance – finding and maintaining middle ground

Prayer Strategies

- Ask for the root or cause
- Identify who needs forgiveness
- Forgive (past, present, and future)
- Uncover false beliefs, misunderstandings of identity
- Ask God for truth
- Check for acts of repentance
- Bless with God's peace