

WORKING WITH BIPOLAR DISORDER

What is Bipolar Disorder?

About 2.8%¹ of people in the U.S. live with bipolar disorder. With the right treatment and support, many people manage it well and live full, healthy lives.

Bipolar disorder is a mental health condition that affects mood, energy levels, and behavior. People with bipolar disorder typically experience distinct periods of extremely exhilarated, irritable, or energized behavior (known as mania); some people also experience episodes of unusually low, blue, or sad mood (depression).

There are different types of bipolar disorder. The two most common are:

- Bipolar I involves more intense “up” or manic episodes that last seven days or longer, or require hospitalization.
- Bipolar II also has “up” or manic episodes, but they are milder, less disruptive, and shorter in duration.

Having bipolar disorder can make work harder sometimes—but with support, people with bipolar disorder can do well and enjoy their jobs.

How Bipolar Disorder Can Impact Your Workday²

Many people who live with bipolar disorder thrive at work and are productive team members. Learning to manage bipolar disorder can help people develop or enhance important skills, such as:

- Emotion regulation
- Resilience under stress
- Empathy for others
- Adaptability to change
- Enhanced creativity and problem-solving abilities

Bipolar disorder in the workplace can be challenging and impact work in these ways:

- Energy level shifts
- Focus and concentration
- Interpersonal relationships
- Mood fluctuations

**Living with bipolar disorder is not a sign of personal weakness or failure.
It's a health condition just like any other.**

You may have good days and tougher ones, but with the right support and understanding, you can thrive and bring real value to your role.

Need to know more about bipolar disorder in the workplace? Visit stigmafree.nami.org/guides/bipolarinfo to find more practical tools to manage bipolar disorder at work and steps you can take to seek help.

Call (800-950-NAMI) or text (62640) the free NAMI HelpLine for more resources for working with bipolar disorder.

NAMI HelpLine

