



## Audio Challenge



### Chatting with a Person with Bipolar Disorder

Bipolar disorder, previously known as manic depression, is a mental disorder that causes periods of depression and periods of abnormally elevated mood. The elevated mood is significant and is known as mania or hypomania, depending on its severity, or whether symptoms of psychosis are present. During mania, an individual behaves or feels abnormally energetic, happy, or irritable. Individuals often make poorly thought out decisions with little regard to the consequences.

**Listen to the audio and answer the questions:**

- 1) What is her name? Has her boyfriend witnessed any incident of her bipolar disorder?

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2) What health problems does she have?

- a) Diabetes and OCD
- b) Lung cancer and PTSD
- c) Bipolar one and Bipolar two
- d) Anxiety and intrusive thoughts



3) What happened in February, 2016? How old was she then?

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4) When did she started feeling depressed? Is she on medication now?

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5) What the difference Bipolar 1 and Bipolar 2?

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6) Does hypomania make you feel bad?

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7) Does full blown mania make you feel euphoric?

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