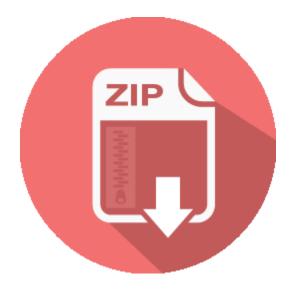
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Offer to help with dishes or dinner to lighten their workload. Or maybe they need helping picking their kids up from school, ask to see what you can help with. 4. Take them out for coffee, encourage them to do things together out of the house. Sometimes people with bipolar disorder, depression in particular, can isolate themselves. Try to find something they enjoy that you can do together, like getting a bite to eat, going to the movies, or going for a walk outside.

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Instead of being a savior, focus on empowering this person. Help them tap into their own competence and capability which have been undermined by the bipolar condition. Help With Their Treatment. Help them find the resources they need. Sometimes just finding a clinician who takes your insurance can be a chore. Volunteer to call or go online and help them find a doctor, therapist, support group, or a community resource.

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Help your loved one keep track of how much and what time they should be taking their medication and then remind them to do so. Help Them Get The Rest That They Need; Sleep deprivation is a common trigger for bipolar psychosis. It's important that you help your family member get the rest and the sleep that they need on a regular basis. If they have difficulty sleeping talk to a physician about what options are available. http://ebookslibrary.club/How-To-Help-A-Family-Member-Experiencing-Bipolar-Psychosis.pdf

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Know the conflicts. While some studies have shown that omega-3 fatty acids can help with bipolar disorder, other studies have shown that it doesn't provide that much benefit. The jury is still out as to whether taking omega-3 fatty acids really helps with bipolar disorder or not.

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Continued Check In. Alicia Smith, a retired entrepreneur who has bipolar disorder, lives in Bozeman, MT. Her friends have motivated her at times to do things she wouldn t have done on her own.

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