



# Alternative BEHAVIORAL CARE

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## What Bipolar Mania Feels Like

Those without Bipolar disorder can only see what Bipolar disorder looks like (Bipolar behaviors) rather than what it feels like (Bipolar symptoms). In [What Bipolar Mania Really Feels Like](#) you can get a first hand account to help better understand what your family and friends with the disorder really experience. This is a MUST read for anyone who

loves someone with Bipolar Disorder.

## Interrupted Sleep is Worse Than Short Sleep for Mood

People who wake up several times during the night may be in a worse mood come morning than those who sleep less total hours uninterrupted. Researchers in a small US study observed 62 healthy people for 3 nights (assigning some to uninterrupted rest, others to delayed bedtimes, and others to 8 awakenings each night.) After the second night, differences emerged between the three groups. Those with interrupted sleep had a 31% reduction in positive mood while those with delayed bedtimes had only a 12% reduction. [Learn More](#)



Coping Strategies That May Make Your Anxiety Worse

If you read the internet today you will find tons of advice on how to deal with anxiety. Unfortunately, not all advice is equal. Here are a few things you may be doing that are actually compounding your anxiety.

### 1. Avoiding It

Do you pop a pill at the first sign of a headache or pop a Xanax when you have the smallest twinge of anxiety? Sometimes avoidance can be healthy but other times its a disservice. One of the most important skills in dealing with anxiety is learning emotional tolerance.

### 2. Pathologizing It

Sometimes anxiety is a normal reaction to abnormal events in our lives. If you just lost your job, your child is sick, and your car just broke down we expect you will have anxiety. Recognize your symptoms as a normal reaction

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