

Where mental health is
a right, not a privilege

MOORE CARE THERAPY

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Bipolar Awareness

Bipolar disorder is a mental health condition characterized by significant changes in mood, energy, activity levels, and the ability to carry out daily tasks. People with bipolar disorder experience episodes of mania or hypomania, which involve unusually elevated or irritable moods, as well as episodes of depression. Symptoms and their severity vary from person to person, but the condition can be effectively managed with appropriate treatment, including medication, therapy, and healthy lifestyle habits. Early diagnosis and ongoing care can help individuals with bipolar disorder lead healthy, fulfilling lives.

TALK TO A MENTAL HEALTH PROFESSIONAL IF YOU HAVE

- Trouble sleeping or oversleeping
- Harmed yourself or thoughts to do so
- Withdrawn from your regular social life
- Constant paranoia or nervousness
- Uncontrollable illogical or “magical” thoughts

For a therapist who is
here for you
Call 843-799-0083

Or visit us at our website
moorecaretherapy.com



Moore Care
T h e r a p y
Empowering Minds, Transforming Lives

5 SENSES TO HELP MANAGE BIPOLAR DISORDER

Sight

Look at calming images, spend time in nature, or dim bright lights to create a soothing environment.

Sound

Listen to relaxing music, nature sounds, or guided meditations to reduce stress and promote calm.

Smell

Use comforting scents like lavender, chamomile, or vanilla if they help you feel more relaxed.

Touch

Wrap yourself in a soft blanket, hold a comforting object, or practice deep breathing with your hands on your chest or abdomen.

Taste

Sip a warm, caffeine-free beverage or slowly enjoy a healthy snack while focusing on its flavors to encourage mindfulness.



*"Every day is a
new opportunity
to find balance
and strength."*