

Intense Minds Through The Eyes Of Young People With Bipolar Disorder

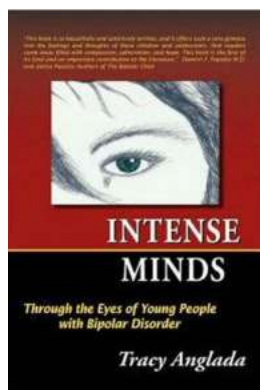


Bipolar disorder is a condition that affects millions of people worldwide. While the disorder can be challenging for individuals of any age, it is particularly complex and overwhelming for young people. The intense emotions and thoughts experienced by young individuals facing bipolar disorder present a unique perspective on life.

The Rollercoaster of Emotions

Living with bipolar disorder can feel like being trapped on an emotional rollercoaster. These young individuals experience extreme highs, known as mania, and lows, known as depression, with little middle ground. Their intense

minds take them on a wild ride as their emotions fluctuate dramatically and unpredictably.



Intense Minds Through the Eyes of Young People with Bipolar Disorder

by BJ Stromme (2nd Edition, Kindle Edition)

★★★★☆ 4.4 out of 5

Language	: English
File size	: 433 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 173 pages
Lending	: Enabled



In the manic phase, their minds race at an overwhelming speed. Ideas flow rapidly, creativity soars, and they become exceptionally productive. However, this intense energy can quickly transform into agitation, irritability, and impulsive behavior.

On the other hand, during the depressive phase, young individuals may struggle with an overwhelming sense of sadness, fatigue, and feelings of emptiness. Their intense minds may become consumed with negative thoughts, making it challenging to find joy or motivation in everyday activities.

The Battle Within

These young individuals are engaged in a constant battle within themselves. Their intense minds are filled with conflicting thoughts and emotions, causing an

internal struggle that can be exhausting. Every decision becomes challenging as they navigate the ups and downs of their disorder.

Additionally, their intense minds often lead to heightened self-awareness. They are acutely in tune with their own thoughts and emotions, which can be a blessing and a curse. While it allows them to gain deep insights into themselves and the world around them, it also puts them at a higher risk of self-criticism and self-doubt.

A Unique Lens on the World

Despite the challenges they face, young individuals with bipolar disorder possess a unique perspective on the world. Their intense minds enable them to see beauty in the mundane, to feel deeply and passionately, and to appreciate the intricacies of life that might elude others.

Through their lens, they can uncover hidden connections and patterns that others may overlook. Art, music, and other creative outlets become powerful means of expression, allowing them to convey the complexity of their intense minds in ways that words alone cannot.

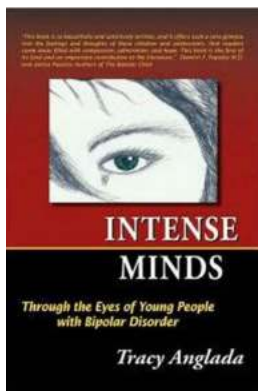
Understanding and Empathy

It is crucial for society to understand and empathize with young individuals facing bipolar disorder. Their intense minds should not be seen solely as a burden but rather as a wellspring of unique perspectives and creativity.

By fostering a supportive environment, we can help these young individuals harness their intense minds in productive and fulfilling ways. It starts with education and awareness, eradicating the stigma surrounding mental health disorders, and providing access to quality mental health care.

The intense minds of young people with bipolar disorder offer a fascinating insight into the complexity of the human mind. They navigate the turbulent waves of their emotions while possessing a unique lens that enables them to experience life's intricacies profoundly.

It is our responsibility as a society to support and empower these young individuals. By embracing their intense minds, we can foster an environment that promotes understanding, empathy, and acceptance, ultimately paving the way for a more inclusive and compassionate world.



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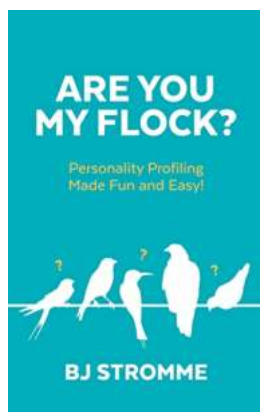
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A book so powerful that numerous colleges including Harvard Graduate School of Education are now using Intense Minds to help future social workers and counselors understand the perspective of children who live with this diagnosis. Young people with bipolar disorder and adults who grew up with the condition speak out to share how they experienced the symptoms of this illness during their youth, and how it affected their functioning in school, at home and with friends.

Their insightful comments, woven together by the author, form a stunning picture of the young person's internal experience. The reader will come away with a new understanding of these young people and a renewed commitment to make a difference by reaching out to help. "Tracy Anglada has broken new ground with Intense Minds. While most books speak about the children and their feelings, hers is the first to capture the children articulating what they truly feel themselves: their impossible levels of frustration and irritability, their episodes of emptiness or manic energy, their severe difficulties in the academic environment, and their dread of night time due to their propensity to suffer horrific images and scenarios while sleeping. "One comes away with such admiration for these children and adolescents for soldiering on despite these terrible burdens, and for the author who took the time to listen and put their words to paper. Parents, clinicians and educators must read this first-of-its-kind book." Demitri F. Papolos, M.D. and Janice Papolos Authors of The Bipolar Child



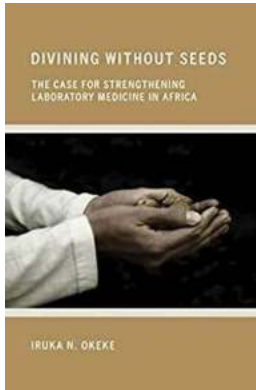
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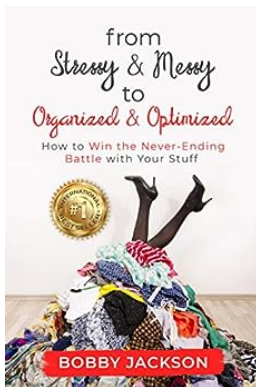
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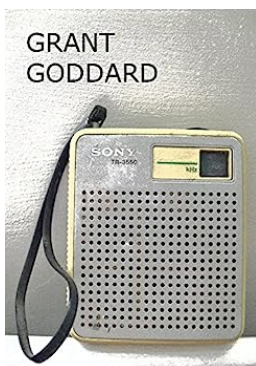
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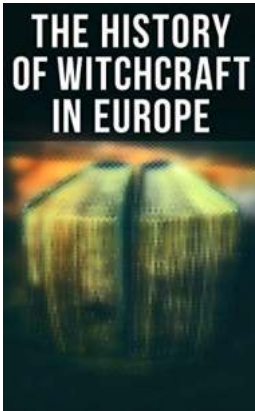
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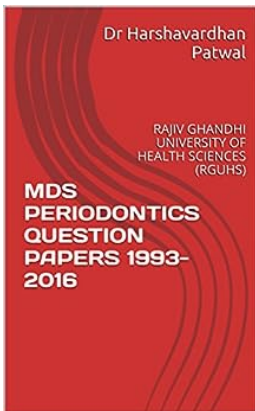
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