



The For You series

✿ BIPOLAR

Your bipolar toolkit

A few simple pages to track your days, catch your early signs, and stay steady. The companion you fill in yourself.

Who this is for: adults living with bipolar, or who think they may be, and the people who support them.

Cited: peer-reviewed clinical research.

Languages: English, Hindi, Marathi, and Kannada.

Read it free at weave.clinic/family

✿ A FEW SECONDS A DAY

Your daily check-in

✿ IN SHORT

A few seconds each day builds a picture you can actually see. Patterns you can track are patterns you can catch early, and sleep is often the first thing to shift.

Day	Mood (up / steady / low)	Hours slept	Energy (1 to 5)	Meds taken	One line about today
Mon					
Tue					
Wed					
Thu					
Fri					
Sat					
Sun					

● TRY THIS

Fill one row at the end of each day. If you miss a day, just start again the next. A half-filled tracker still shows you more than memory does.

✿ CATCH IT EARLY

My early-warning-signs plan

✿ IN SHORT

Your early signs are personal, and only you can name them. Writing them down while you are well is how you catch the next wobble small. Acting on the first signs of a high can delay or shrink an episode. Fill the amber row first: those small early signs are the most useful ones here.

● **GREEN** *Steady, feeling like myself*

When I am well, this looks like

What keeps me here

● **AMBER** *Early, something is shifting*

My amber signs, the small early ones only I notice

What I will do at amber

● **RED** *A clear episode, others may notice too*

My red signs

Who I will tell, and what we will do

🌸 WHAT KEEPS YOU STEADY

My staying-well plan

🌸 IN SHORT

Staying well is something you build while you are well, not something you wait for. Structured self-management, learned in the steady stretches, lowers the chance of a hard episode. These four anchors carry most of the weight.

Write what keeps each anchor steady for you. For example, a regular sleep and wake time, the morning routine that grounds you, the one person you would call, the way you will remember your medicine.

Anchor	My plan
Sleep	
Routine	
People I trust	
Medicine	

My non-negotiables the two or three things I protect no matter what

✿ BEFORE YOUR NEXT VISIT

Doctor-prep

✿ IN SHORT

A few minutes of getting ready makes an appointment go further. Bring what you have been tracking, and ask what matters to you. Medicine is one thing to weigh together with your doctor, not the only thing.

My questions for the doctor write the ones that matter to you

Questions others have found useful:

- How will we know if the treatment is working?
- What should I do if I notice my early warning signs?
- What are the options, and what is the trade-off of each?
- How does this fit with my sleep, my work, and the people around me?

✿ WHAT TO TAKE WITH YOU

What to bring

✿ IN SHORT

Bring what you have, even if it is not complete. A half-filled toolkit still shows your pattern.

☐ My daily check-in tracker

☐ My early-warning-signs plan

☐ My current medicines, doses, and any side effects

☐ My questions, written down

WHERE THIS COMES FROM

Colom F. A randomized trial on the efficacy of group psychoeducation in the prophylaxis of recurrences in bipolar patients whose disease is in remission. Arch Gen Psychiatry, 2003. doi.org/10.1001/archpsyc.60.4.402

Perry A. Randomised controlled trial of efficacy of teaching patients with bipolar disorder to identify early symptoms of relapse and obtain treatment. BMJ, 1999. doi.org/10.1136/bmj.318.7177.149

Harvey AG. Sleep and circadian rhythms in bipolar disorder: seeking synchrony, harmony, and regulation. Am J Psychiatry, 2008. doi.org/10.1176/appi.ajp.2008.08010098

A tool to fill in, not a test. There are no grades here. Bring it to a doctor who knows your history.

● Feeling like it is all too much? **Read the crisis card.** Help is one page away.