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## HEALTHY LIFESTYLE

### Sleep

Different people need different amounts of sleep to stay well. If you start to need more or less sleep than usual, it may be a sign of depression or mania. A regular sleep schedule helps improve the quality of your sleep and how restful it is.

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**WHAT KEEPS ME FROM FALLING ASLEEP OR WAKING UP?**

**WHAT CAN I DO?**

Too many things to do before bedtime.

Make a list.  
Start doing things earlier.  
Save some until tomorrow.

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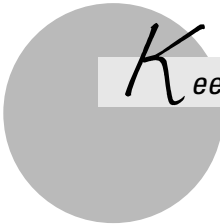
*I* t helps to wake up at the same time every day. To help you wake up, set your bedroom lights on a timer, or have someone in your home turn them on for you.

# Nutrition

It's important to eat regularly, even if your appetite and energy are low. Drink at least eight glasses of water a day - more if you exercise. Watch for major changes in your appetite that might be signs of a depressive or manic episode.

The U.S. Department of Agriculture recommends that every day, healthy adults eat:

- 2–3 servings of dairy products like milk, yogurt or cheese
- 2–3 servings of protein-rich foods like meat, poultry, fish, dry beans, eggs or nuts
- 3–5 servings of vegetables and 2–4 servings of fruit
- 6–11 servings of bread, cereal, rice or pasta



***K*** *Keep foods on hand that are healthy and easy to eat like yogurt, fresh fruit and bagels.*

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**WHAT EATING HABIT OR NUTRITION CHALLENGES DO I FACE?**

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**WHAT CAN I DO?**

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Cravings for sweets —  
tend to overeat

Eat healthier or lower-fat snacks.  
Eat smaller portions.

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# Exercise

Exercise doesn't have to be exhausting or expensive. Even a short walk several times a week can help you feel better. You can also work more physical activity into your daily routine. For example, take the stairs instead of the elevator, get off the bus before your stop and walk, or park your car at the far end of the parking lot.



*Talk to your doctor before beginning any exercise program. Have regular physical exams.*

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ACTIVITY

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TIMES PER WEEK MINUTES

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*Check with your local park district or community center for information about team sports, swimming, aerobics, bicycle paths and other activities you might enjoy.*

# Relaxation, comfort, leisure and self-expression

Make a commitment to set aside time to relax. Start with a method that is easy to remember and simple to do. This can be especially helpful if you have symptoms of irritability, anxiety, or racing thoughts.

Spend some time doing things that make you feel good. If you are creative, don't hold back because you think that what you write or draw or sing isn't good enough. If it makes you feel better, it's good enough.

## *Relaxation:*

Listening to music, meditation, yoga, a long bath, deep breathing, muscle tension exercises

## *Comfort:*

Pets, gardening, cooking, crafts, spending time in a quiet place, spirituality, religious study

## *Leisure:*

Reading, watching sports, volunteering, crossword puzzles, movies, talking with a friend or family member

## *Self-expression:*

Writing, drawing, painting, singing, playing an instrument.

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# R ELATIONSHIPS

If you have had trouble in relationships with family and friends, you are not alone. You can overcome this, one person at a time. Do your best to reach out to others and ask how they are doing. Be aware of the needs of those around you. Let others know your needs. Try to find ways to meet new people, or re-connect to people you've lost touch with. Educate others about mood disorders.

How does my illness affect my relationships?

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In these relationships, are there things I'm doing that I can change to improve things? If so, what?

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Are there relationships that are hurting me that I may need to end?

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