



## Bipolar Disorder and its Impact on Physical Health<sup>1</sup>

Consider the ways in which bipolar disorder has affected four key areas of physical health: **nutrition, exercise, tobacco use, and sleep.**

Write a number next to each term to indicate the degree to which you feel you need to work on it, *using a scale of 0 to 3*. Then, on the line after each response, briefly list the specific impact this health aspect has on your life and why you want to work on it.

- **0** means you are where you should be and it doesn't need attention
- **1** means it needs a bit of attention, but is not a priority
- **2** means it needs attention and is a high priority
- **3** means it is a top priority (possibly an even higher priority than getting your bipolar symptoms under control)

\_\_\_: **Nutrition**

Impact on your life and why you want to work on this:

\_\_\_: **Exercise**

Impact on your life and why you want to work on this:

\_\_\_: **Tobacco**

Impact on your life and why you want to work on this:

\_\_\_: **Sleep**

Impact on your life and why you want to work on this:

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<sup>1</sup> This exercise has been adapted from Bauer MS, Kilbourne AM, Greenwald DE, Ludman EJ, McBride L. *Overcoming Bipolar Disorder: A Comprehensive Workbook for Managing Your Symptoms & Achieving Your Life Goals*. Oakland, CA: New Harbinger Publications, Inc.; 2008.