Clean Recovery Centers Uncovers Hidden Bipolar Side Effects

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Tampa, FL ? Clean Recovery Centers published a blog post discussing the hidden bipolar side effects that people don?t talk about. This is a mental health condition that affects millions of people every day, with many interfering side effects. This mental health condition specifically affects a person?s mood and emotions. Causes for this condition might include a combination of genetics, environmental factors, and stress responses. It is characterized by shifts in mood that range from highs to lows. Highs are referred to as mania, and lows are referred to as depression.

?The side effects of bipolar disorder can interfere with day-to-day life. During the different episodes, mood and emotional shifts can create unstable thinking patterns, which can affect relationships, jobs, and mental health. Let?s take a look at how the different episodes of bipolar disorder produce different side effects,? the blog post states.

Manic episodes cause a person to feel a burst in mood and productivity. These side effects include elevated feelings of elatedness, irritation, increased energy, rapid cycling of thoughts, and fast-talking. For people with bipolar I, this can last for 7 days or more at a time. Mania can also have behavioral and mental health

changes that have negative effects, like driving erratically, taking substances, having sex with multiple partners, and excessive spending. They might also experience hallucinations and delusions. Hypomania is similar to mania but not as intense. Typically, they might last up to 4 days and are a marker of bipolar II disorder. Hypomania can still interfere with daily life.

Depressive episodes occur in both bipolar I and II. These last at least 2 weeks, but some last longer. Side effects of depressive episodes include low energy and fatigue, lack of motivation, feelings of hopelessness, sadness, or worthlessness, loss of enjoyment in activities or hobbies, difficulty concentrating, increased irritability, insomnia or excessive sleep, and thoughts of suicide. These episodes can make it difficult to accomplish goals, go to work, or even perform household chores.

Lesser-known effects of bipolar disorder include its cognitive impact. Many people with this condition experience impairment with their attention, memory, and executive function. Research shows that a combination of brain structural and functional variables, as well as inflammatory and metabolic factors, might be the reason for this. These impairments interfere with work, school, and home life. Additionally, sleep disturbances associated with bipolar disorder lead to complications. The body requires proper rest to heal and rejuvenate from daily wear and tear. Without proper sleep, the body cannot make an adequate effort to prevent illnesses, resulting in a weakened immune system.

?Lastly, bipolar disorder can change eating habits, resulting in weight changes. Those who are not eating enough will also have a weakened immune system and difficulties fighting off infections. Those who are eating too much can gain excess weight over time. This can result in low self-esteem as well as medical problems such as diabetes, heart complications, and joint pain. Weight gain or weight loss can increase depression symptoms during episodes, which can make thoughts of self-harm or suicide worse. If you or someone you love is experiencing these thoughts, seek medical help immediately,? the blog post continues.

Clean Recovery Centers helps people in the Tampa area learn how to manage life with bipolar disorder and find hope for a brighter tomorrow. They are the only facility in the area that has RRT-certified therapists. The facility is also able to diagnose a mental health condition, like bipolar disorder, at any stage of treatment and treat it as a primary diagnosis. Their housing is certified through FARR (Florida Association of Recovery Residences).

To learn more about Clean Recovery Centers, call them at (888) 330-2532 or visit their website.

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For more information about Clean Recovery Centers - Tampa, contact the company here:Clean Recovery Centers - TampaTerri Boyer(727) 766-0503info@cleanrecoverycenters.com508 W Fletcher AveTampa FL 33612

Clean Recovery Centers - Tampa

At Clean Recovery Centers, we are committed to helping you transition from your old life of addiction into a new life of sober living. Our treatment plans help you identify and build on your strengths to create a lasting and healthy change.

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