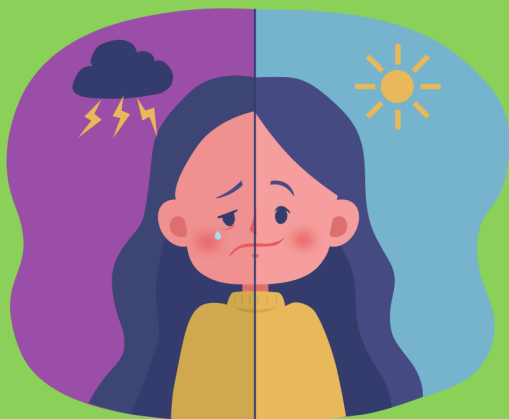




NEWSLETTER

Mental Health is Health

So You Have Bipolar Disorder...



Bipolar disorder is a mental illness characterized by extreme mood swings that include emotional highs (mania or hypomania) and lows (depression). Manic episodes may involve heightened energy, impulsivity, and euphoria, while depressive episodes manifest as sadness, lethargy, and loss of interest. These shifts can disrupt daily life, relationships, and work. Treatment typically involves medication, therapy, and lifestyle adjustments. With proper management, individuals with bipolar disorder can lead fulfilling lives and maintain stability.

Luck and Your Mental Health



Luck can influence circumstances, but mental health relies on resilience and coping strategies. Cultivating a positive mindset and seeking support build a foundation for navigating life's ups and downs regardless of luck's whims.



Bonnie's Note

"Success is not final.
Failure is not fatal;
It is the courage
to continue that
counts"

Winston Churchill



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LIP staff recently opened their “Zen Room”. Patients and staff can come relax and recharge. It also serves as a small group room serving up to four group members for IOP services. It’s a great space for practicing mindfulness, meditation, and grounding exercises.



Pictured L to R: Teri, Shellie, Cohleen, & Jessica



DID YOU KNOW?

Lunch & Learn
Last Wednesday of every month at 1 pm

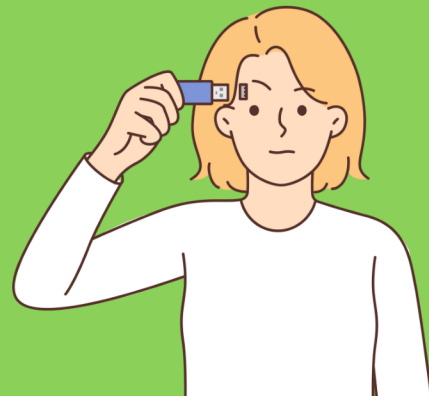
Join us for networking, resources, and lunch!

Get to know the professionals who service our community. Bring your behavioral health questions.

Contact us today to reserve your spot!

☎ 941-766-0171
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📍 Location: Twin River Pathways
4161 Tamiami Trail #302
Port Charlotte 33952

- March 8th is International Women's Day
- March 17th is St. Patrick's Day
- March 19th is First Day of Spring
- March 20th is International Day of Happiness
- March 24th is Palm Sunday
- March 30th is World Bipolar Day
- March 31st is Easter
- March is National Women's History Month



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