

Inside Highlights:

How to look after your mental health this winter 2

Mental illness 3

Bipolar 1 Disorder and Bipolar 2 Disorder: What Are the Differences?

Understanding bipolar disorder

Most people have emotional ups and downs from time to time. But if you have a brain condition called bipolar disorder, your feelings can reach abnormally high or low levels.

Sometimes you may feel immensely excited or energetic. Other times, you may find yourself sinking into a deep depression. Some of these emotional peaks and valleys can last for weeks or months.

Bipolar 1 vs. bipolar 2

All types of bipolar disorder are characterized by episodes of extreme mood. The highs are known as manic episodes. The lows are known as depressive episodes. The main difference between bipolar 1 and bipolar 2 disorders lies in the severity of the manic episodes caused by each type. A person with bipolar 1 will experience a full manic episode, while a person with bipolar 2 will experience only a hypomanic episode (a period that's less severe than a full manic episode). A person with bipolar 1 may or may not

experience a major depressive episode, while a person with bipolar 2 will experience a major depressive episode.

What is bipolar 1 disorder?

You must have had at least one manic episode to be diagnosed with bipolar 1 disorder. A person with bipolar 1 disorder may or may not have a major depressive episode. The symptoms of a manic episode may be so severe that you require hospital care.

Manic episodes are usually characterized by the following:

- exceptional energy
- restlessness
- trouble concentrating
- feelings of euphoria (extreme happiness)
- risky behaviors
- poor sleep

The symptoms of a manic episode tend to be so obvious and intrusive that there's little doubt that something is wrong.

What is bipolar 2 disorder?

Bipolar 2 disorder involves a major depressive episode

lasting at least two weeks and at least one hypomanic episode (a period that's less severe than a full-blown manic episode). People with bipolar 2 typically don't experience manic episodes intense enough to require hospitalization.

Bipolar 2 is sometimes misdiagnosed as depression, as depressive symptoms may be the major symptom at the time the person seeks medical attention. When there are no manic episodes to suggest bipolar disorder, the depressive symptoms become the focus.

As mentioned above, bipolar 1 disorder causes mania and may cause depression, while bipolar 2 disorder causes hypomania and depression.

See more at:
<https://www.healthline.com/health/bipolar-disorder/bipolar-1-vs-bipolar-2#outlook>

“Exposure to sunlight plays an important role in influencing our moods. Sunlight helps increase our body's levels of vitamin D and also promotes the production of serotonin which regulates mood.”

Sunpath Outcomes on Consumer Satisfaction Surveys

The Consumer Satisfaction Survey is helping Sunpath to improve services in all areas. This survey is conducted twice a year. Here it is the outcomes for the first six months of this year. We want to say thank you to all our consumers and their families to participate on this important process:

Outpatient Therapy	90%
Substance Abuse	91%

Overall 95%

“Thank you very much for your participation on the surveys”

How to look after your mental health this winter

Feel like you've been struck with a case of the winter blues? You're not alone. The dark and gloomy winter weather can make us stay indoors, exercise less, be unsociable and eat unhealthily.

Get outside in the sunlight

Exposure to sunlight plays an important role in influencing our moods. Sunlight helps increase our body's levels of vitamin D and also promotes the production of serotonin which regulates mood. A deficiency in vitamin D can contribute to depression so try to get outdoors every day. This could be as simple as walking with some skin uncovered or eating lunch outside as part of your daily routine. When inside, keep the blinds open and sit near windows whenever you can. Sunlight within the house can help you feel more awake and reduce oversleeping that can also negatively affect mood.

Move as much as you can

Exercise is a great way to beat winter blues but it can be hard to find motivation when it's

cold outside. Try these ideas to help get you moving: Choose activities you enjoy or try something new. Exercise with a friend. Sign up for an organized run and follow a training program to get you there. Try different fitness apps or podcasts. Reward yourself with a sauna, spa, warm bath, or massage. Try to do about 30 minutes exercise, five days a week. Exercising doesn't only mean doing sport or going to the gym. There are many activities that can keep you active such as tai chi, rock climbing, swimming, dancing, exercise videos, gardening and cycling.

Embrace the cold weather

Instead of avoiding the cold, embrace it. Try and view winter as something to be enjoyed, not something to be endured. Rug up in clothing that keeps you warm. Invest in a wind-resistant jacket, scarf, beanie and gloves and head outside. Take advantage of things you can only do for a few months each year such as skiing, snowboarding, tobogganing, building a snowman, or visiting natural warm springs where the warmth of the water contrasts with the

sharpness of the air. If you'd rather stay indoors you could sit in front of the fire, read a book, do a puzzle, start that TV series you've been wanting to watch, or savor a warm drink and sit under snug blankets.

Make an effort to be social

Many of us are less social in winter. While socializing can seem like an effort in the winter months, it can help boost your mood. Make an effort to see friends and accept invitations, even if you only go for a while. Simply being around people can feel good, like being in a gallery, movie theatre or concert. Volunteering can also have a positive impact on your mental health.

Eat healthily

The cold weather can have us reaching for comfort foods high in sugar and fat. While you may get a short-lived mood boost from these foods, they can negatively affect your overall mood, so try and resist the temptation and eat fresh food.

See more at:
<https://www.sane.org/information-stories/the-sane-blog/wellbeing/how-to-look-after-your-mental-health-this-winter>

Mental illness, also called mental health disorders, refers to a wide range of mental health conditions — disorders that affect your mood, thinking and behavior. Examples of mental illness include depression, anxiety disorders, schizophrenia, eating disorders and addictive behaviors. Many people have mental health concerns from time to time. But a mental health concern becomes a mental illness when ongoing signs and symptoms cause frequent stress and affect your ability to function. A mental illness can make you miserable and can cause problems in your daily life, such as at school or work or in relationships. In most cases, symptoms can be managed with a combination of medications and talk therapy (psychotherapy). Signs and symptoms of mental illness can vary, depending on the disorder, circumstances and other factors. Mental illness symptoms can affect emotions, thoughts and behaviors.

Examples of signs and symptoms include:

- Feeling sad or down
- Confused thinking or reduced ability to concentrate
- Excessive fears or worries, or extreme feelings of guilt
- Extreme mood changes of highs and lows
- Withdrawal from friends and activities
- Significant tiredness, low energy or problems sleeping
- Detachment from reality (delusions), paranoia or hallucinations
- Trouble understanding and relating to situations and to people
- Major changes in eating habits
- Excessive anger, hostility or violence
- Suicidal thinking

Sometimes symptoms of a mental health disorder appear as physical problems, such as stomach pain, back pain, headaches, or other unexplained aches and pains.

When to see a doctor: If you have any signs or symptoms of a mental illness, see your primary care provider or a mental health professional. Most mental illnesses don't improve on their own, and if untreated, a mental illness may get worse over time and cause serious problems. Suicidal thoughts and behavior are common with some mental illnesses. If you think you may hurt yourself or attempt suicide, get help right away:

- Call 911 or your local emergency number immediately.
- Call your mental health specialist.
- Call a suicide hotline number. In the U.S., call the National Suicide Prevention Lifeline at 1-800-273-TALK (1-800-273-8255) or use its webchat on [suicidepreventionlifeline.org/chat](https://www.suicidepreventionlifeline.org/chat).
- Seek help from your primary care provider.
- Reach out to a close friend or loved one.

Reference: <https://www.mayoclinic.org/diseases-conditions/mental-illness/symptoms-causes/syc-20374968>

Treatment Team Meeting Outcomes

Every 3 months a Treatment Team Meeting is conducted between the staff, the consumer and the consumer support system to evaluate progress and work with the consumer on their necessities.

The Treatment Team Surveys for this period revealed the following percentages of satisfaction for the first and second quarter of this year:

Outpatient Therapy	100%
Substance Abuse	100%

The Overall Satisfaction

reported is **100%**.

“Thank you very much for your participation on the surveys”

Stakeholders Satisfaction Surveys

The Stakeholders Satisfaction Survey is helping Sunpath to improve services in all areas. During the first 6 months of this year our Stakeholders showed a **100%** of satisfaction.



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We're on the Web!

See us at:
www.sunpathllc.com

About Sunpath, LLC.

Sunpath LLC is a nationally accredited by CARF and CABHA certified behavioral health agency that provides mental health and substance abuse services to individuals and families in Western North Carolina. We provide an efficient and effective array of services that are psycho-educational and supportive in nature. These services are intended to meet the Mental Health, Developmental Disability, and Substance Abuse needs of clients with significant functional deficits or who because of negative environmental, medical or biological factors, are at risk of developing or increasing the magnitude of such functional deficiencies.

Sunpath LLC focused on providing the highest caliber service through professionalism and building a dependable therapeutic rapport with consumer and their families.

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