

HEALTH CARD TEMPLATES

Anxiety
Attention/Focus Problems
Finding Balance
Depression
Disconnected
Enough
Hospitalization
Hypomania
Irritation/Anger
Mania
Medications/Side Effects

Mixed Episode
Normal
Obsessive Behavior
Oppositional/Defiant
Paranoia
Psychosis
Relationships
Suicidal
Weird/Odd Behavior
Worry Chart

There are more templates than there are sample cards. You can create a card for any problem you have due to bipolar disorder. These cards are suggestions, you will want to create cards that fit your specific needs.

ANXIETY

SYMPTOMS

WHAT I CAN DO

HOW YOU CAN HELP

SYMPTOMS	ATTENTION/FOCUS PROBLEMS WHAT I CAN DO	HOW YOU CAN HELP
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DEPRESSION

SYMPTOMS

WHAT I CAN DO

HOW YOU CAN HELP

SYMPTOMS	HOSPITALIZATION WHAT I CAN DO	HOW YOU CAN HELP
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SYMPTOMS	HYPOMANIA WHAT I CAN DO	HOW YOU CAN HELP
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SYMPTOMS	IRRITATION/ANGER WHAT I CAN DO	HOW YOU CAN HELP

MANIA

SYMPTOMS

WHAT I CAN DO

HOW YOU CAN HELP

SYMPTOMS	MEDICATIONS/SIDE EFFECTS WHAT I CAN DO	HOW YOU CAN HELP
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SYMPTOMS	MIXED EPISODE WHAT I CAN DO	HOW YOU CAN HELP
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SYMPTOMS	NORMAL WHAT I CAN DO	HOW YOU CAN HELP

SYMPTOMS	PARANOIA WHAT I CAN DO	HOW YOU CAN HELP
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PSYCHOSIS

SYMPTOMS

WHAT I CAN DO

HOW YOU CAN HELP

SUICIDAL

SYMPTOMS

WHAT I CAN DO

HOW YOU CAN HELP

SYMPTOMS	WEIRD/ODD BEHAVIOR WHAT I CAN DO	HOW YOU CAN HELP

WORRY CHART

WORRIES

FEELINGS

WHAT I CAN DO

<p>SYMPTOMS</p>	<p>Finding Balance WHAT I CAN DO</p>	<p>HOW YOU CAN HELP</p>
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SYMPTOMS	DISCONNECTED WHAT I CAN DO	HOW YOU CAN HELP
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ENOUGH

SYMPTOMS

WHAT I CAN DO

HOW YOU CAN HELP

Oppositional/Defiant

SYMPTOMS

WHAT I CAN DO

HOW YOU CAN HELP

SYMPTOMS	Relationships WHAT I CAN DO	HOW YOU CAN HELP
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