

Talk to your doctor about what you can do to keep headed in the right direction. Medicine is an essential part of treating a mood disorder. It's also a good idea to take steps to improve your health and well-being. Below are some suggestions on how to stay well. These steps don't replace your medicine.

## Reduce stress

Find time each day for relaxation, socializing, and exercise.

## Take care of yourself

Try to eat a healthy, balanced diet. If you are concerned about your weight, talk with your doctor. Get a full night's sleep. Limit your caffeine intake.

## Get a good night's sleep

Getting enough sleep can help keep your mood stable. Studies show that lack of sleep can lead to faulty decision-making, more risk-taking, and difficulty staying focused. You may have sleep problems—sleeping not enough or too much—as a part of your illness. Sleep problems can also be a side effect of some medicines. If you continue to have sleep problems, talk to your doctor.

## Take time to enjoy life

Feeling good is something we all need. Find time for things you enjoy. Make it a goal to do more things that make you happy and give you a sense of peace.

## Develop a support network

Include family, friends, and others who can help you cope with your illness.

## Avoid alcohol and street drugs, like marijuana or cocaine

They can affect the way your medicine works and make your symptoms worse. Tell your doctor if you think you might have a problem with alcohol or street drugs.