

# Download Bipolar Careers Keeping A Job With A Mental Illness

## Keeping a Job When You Have Bipolar Disorder | HealthyPlace

Keeping a Job When You Have Bipolar Disorder. But people with bipolar disorder or another mental illness have special challenges when it comes to work. We're sick more often, we need time off for medical appointments and stress affects us more than your average person. Here are a few tips on handling work and bipolar disorder.

## Working with bipolar is a life of 'secrecy and shame ...

Working with bipolar is a life of 'secrecy and shame' To mark World Mental Health Day, media professional Shadi-Sade Sarreshtehdarzadeh explains why many people with a mental illness struggle to ...

## Best Jobs For People With Bipolar Disorder | Confined To ...

No doubt, the physical and emotional burden weighing on bipolar disorder sufferers can make finding and keeping a conventional job a difficult and overwhelming task. But getting a job you can handle doesn't have to be so difficult if you can find work that allows you to manage your own time.

## Finding Work That Works When You Have Bipolar Disorder ...

Part-time work or a job with a flexible schedule are good options. Daytime hours are generally best. Most people with bipolar disorder shouldn't even consider work that involves overnight shifts or being on call - regular sleep is too important for recovery. Think about the kinds of people in the job.

## How to Keep a Job when You Have Bipolar Disorder

How to Keep a Job when You Have Bipolar Disorder. Bipolar disorder is characterized by intense highs and lows—mood swings that could complicate your ability to hold down a job. It's not impossible to maintain stable employment with bipolar. In fact, many people with this condition enjoy productive and rewarding careers.

## 8 Career Success Strategies for Bipolar Disorder ...

Bipolar Disorder at Work. "Interpersonal communication can also be affected if people with bipolar disorder have to work on teams." If someone experiences a sudden onset of mania symptoms, bipolar disorder can be worse than disruptive — it may even lead to job loss or end relationships quickly.

## Bipolar and Work: Problems, Accommodations, and Stress

Bipolar disorder is a mental condition causing severe shifts in mood. These mood shifts, which sometimes occur very quickly, can cause problems in a person's personal and social lives if left ...

## **What Are Good Career Choices for Those With Bipolar ...**

Those with bipolar disorder tend to suffer the slings and arrows of the ups and downs of life more than most. Since the highs and lows of life can unbalance the bipolar patient, career choices need to be made that are likely to be supporting in her therapy, give measured success and play to her strengths.

## **Mental Illness: How to Manage Your Condition at Work | Money**

A diagnosis of a mental illness—either yours or a family member’s—can upend your career. Your condition may get in the way of your ability to do your job well, or, even if it doesn’t, you may need to make special arrangements to get the care you or your loved one needs. And disruptions can prove costly.

## **Should You Keep Your Mental Illness a Secret at Work?**

It’s bad enough that most health insurance companies will gladly discriminate against you for having a pre-existing mental illness, such as bipolar disorder or attention deficit hyperactivity disorder (ADHD).