

# Stop Paddling / Bipolar Recovery

## Stop Paddling / Bipolar Recovery mission statement:

To understand bipolar and to share this knowledge with:

- people who believe they have the disorder
- those who try to help anyone with the disorder
- the general public



Full day courses available anywhere in the UK

## Understanding Mood Disorder

If you have not experienced highs and lows that are so extreme as to have wrecked your life it is difficult to grasp the seriousness of clinical depression and bipolar disorder.

Information is provided for people who experience mood swings (depression and/or mania) and for people living and working alongside those with mood disorders.

There is a balanced approach considering the medical view and that of people who have lived through the extremes and why there is plenty of hope for the future.

## Food & Mood

Everything we eat affects our mood and how we feel affects our diet.

Find out more about what causes us to choose the foods we do and which foods are having the greatest affects on our moods.

This course has benefitted; those who have suffered from depression and insomnia, parents with hyperactive children, people wanting to avoid `yoyo` dieting, carers for the young and the elderly.

## Wellness Recovery Action Planning - WRAP

This is the system for recovery from crisis and for planning to stay healthy. Mary-Ellen Copeland and her team have developed WRAP since 1989 since a hospital admission when she was told there were no procedures for recovery from bipolar disorder. WRAP is now taught and accepted by mental health professionals around the world as an effective route to recovery from most forms of mental distress.

Roger attended a WRAP course 9 years ago and sees this knowledge as the cornerstone of his ongoing recovery from bipolar disorder and continuing wellness.

Participants develop their own personal plan to maintain good health and to be prepared for future crises. This provides a platform for starting to understand other people's journeys of recovery.

<http://www.stoppaddling.com/forms/contact-roger.html>

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