

Mental Health Matters

October 17, 2022



from Mighty staff member Ashley



Is it anxiety or is it hypomania?

My bipolar II diagnosis came as such a shock when I was initially diagnosed over eight months ago. But when I look back, I realize it was due to how much misconception surrounds bipolar disorder in the first place. From my perspective, I thought I was “just” experiencing depression and anxiety, and while I do experience both, I conflated anxiety with symptoms of hypomania. This explains why there were times my [anxiety tools](#) *did* work, and other times they didn't.

While the depression side of bipolar disorder is fairly clear, hypomania can be harder to identify. I called hypomanic days “good days” because they were the ones I had more energy, and overall felt better about myself and how I was performing in my job, my relationships, and my life in general. However I overlooked the things that weren't so good, such as impulsive behavior. I'm fortunate in that it has never gotten me in [serious trouble](#), but there have been several times I've gotten close because of the “f*ck it” energy that accompanies that feeling.

Today's Tip

If you feel like you're struggling with answers or your tools aren't working, remember it's OK to investigate those feelings and talk to a professional. Mental health is complicated and there's a lot of overlap – it took an extra round of testing I asked for to discover my diagnosis. You are your best advocate and there's a path for everyone.

Hoping today is a good brain day!
Ashley
