

Chapter 1 : 5 Questions With Tracy Anglada and the Bipolar Bear (part 3) | Mental Health Humor

Brandon and the Bipolar Bear is the winner of the calendrierdelascience.com Reader's Choice Award for Favorite Special-Needs Children's Book. By reading the pages of this beloved book, children and adults alike receive a rare glimpse into the private feelings and fears of a bipolar child.

Bipolar disorder is just a chemical imbalance. Alaska Salmon, test the theory omega-3 helps the reasoning centers of the brain to no Avail. Tracy Anglada is a pioneer for parents and children with adolescent bipolar disorder. With the lack of many resources for children to truly understand their feelings and emotions, she sat down and created a book designed just for children. More about that later. You have been a mental health writer and advocate for ten years now. What started you on this journey? It began before I realized it. Like many family members who have a loved one diagnosed with bipolar disorder, I found myself in a sink or swim situation with few lifelines to grab onto. Because it was my young child who was diagnosed, the mental health field was not always a friendly place. There was much controversy surrounding this diagnosis in children a decade ago. While healthy debate along with checks and balances will continue, it is now accepted that bipolar disorder can onset during childhood. Necessity pushed me to learn everything I could about the disorder. Determination made me resolved that other parents " and their children " would have more lifelines than I did. What kinds of resources did you help develop for other parents in the same situation? When my child was initially diagnosed, there were few resources available. I had nothing to help my child learn about his illness, nothing to educate his siblings, and nothing written for his teachers. The field was in its infancy, yet our family still had to live and function. As my son went through various stages, I saw first hand what resources we needed to survive. This fueled my writing five books and motivated me to create these resources. The website has expanded over the years to include pages for teachers, teens and parents. I wrote *Brandon and the Bipolar Bear* " the first story available for kids with the disorder. I also wrote *Intense Minds* which was a unique way to help adults understand and empathize with the experiences of young people growing up with bipolar disorder. I mentioned earlier that your book has been nominated for an award, what can we do to help you win, and can you give my readers a way to review your book? You can help by voting once per day through March 8th: If you are prompted for a password enter: Sign up and confirm your e-mail address for my newsletter! Once you do that, you will be sent the link with the password to download your free copy of my first cartoon e-book. Keeping you updated; along with a few special features about recovery while trying to add a little humor to your day!

Chapter 2 : Brandon And The Bipolar Bear: A Story For Children With Bipolar Disorder by Tracy Anglada

Brandon and the Bipolar Bear is a page full color book for children with bipolar disorder. It brings comfort and hope to those who suffer from this illness.

She finds happiness in helping parents with children living with mental disorders. We can help make Tracy happy by voting once per day through March 8th: Please, show your support for this special book as it approaches 10 years of helping kids with bipolar disorder! Now I will let Tracy tell you about all her books. I want to thank Tracy Anglada for her participation in the 5 Questions! Tell us a little about each of your 5 books. Brandon and the Bipolar Bear: A Story for Children with Bipolar Disorder This story was originally written for my son to help him understand his illness and to bring him comfort and reassurance that he was not alone. The story follows Brandon as he experiences feelings and fears typical of children with Bipolar Disorder. A return visit to his psychiatrist results in a diagnosis of Bipolar Disorder and treatment plan to move forward toward wellness. The bear is cried on, cuddled, thrown, broken, bandaged and ultimately becomes a reassuring symbol that Brandon will get the help he needs. Rick is trying to win a Turbo Max remote control car but his plans are interrupted when his sister is hospitalized. Later, Rick finds out his sister is hiding her medicine and must make some tough decisions that have difficult consequences. These ones share in vivid terminology how they experienced the symptoms of this illness during their youth, and how it affected their functioning in school, at home and with friends. While this book is frequently recommended for teens, it was originally written to help adults understand young people with Bipolar Disorder. It especially helps adults have more compassion and understanding. Some of the questions included are: How does Bipolar Disorder affect learning? Is this a fad diagnosis? How do I handle manipulation? How can I prevent relapses? Should I use alternative treatments? It was based on a teacher workshop developed by BPChildren to help educators understand and assist students with Bipolar Disorder. The book gives teachers a new perspective on children who suffer with Bipolar Disorder. It increases understanding, empathy and gives practical scenarios of ways to implement helpful accommodations. Sign up and confirm your e-mail address for my newsletter! Once you do that, you will be sent the link with the password to download your free copy of my first cartoon e-book. Keeping you updated; along with a few special features about recovery while trying to add a little humor to your day!

Chapter 3 : Brandon and the Bipolar Bear (Narrated Storybook) on Vimeo

Brandon and the Bipolar Bear was the first fictional story available for young children about bipolar disorder. Now revised to keep up with advances in the field, this page book will continue to bring comfort to young ones struggling with this serious illness.

Chapter 4 : Brandon and the Bipolar Bear : Tracy Anglada :

Children with bipolar disorder frequently are able to identify with Brandon's moods as he cycles between depression and mania. When symptoms differ from those of the character, reading the book still opens dialogue about the illness.

Chapter 5 : 5 Questions With Tracy Anglada and the Bipolar Bear (part 1) | Mental Health Humor

Brandon and the Bipolar Bear: A Story for Children with Bipolar Disorder. In celebration of the 10 year anniversary of Brandon and the Bipolar Bear, here is the.