

# MOODLY

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## Staying Well Starter Kit

Practical tools for bipolar stability, early  
warning signs & self-trust

***All moods welcome***

# HOW TO USE THIS KIT

## Start here

This kit is designed to help you stay well — and to help you recognise early shifts before things escalate.

You don't need to use every page at once.

## The best way to use this kit is:

- ✓ Choose one tool that feels useful today
- ✓ Save this to your phone and/or print it
- ✓ Revisit it when you're well (prevention works best early)

### ⚠ Important note:

Moodly shares education and tools — it is not medical advice, therapy, or crisis support.

**If you feel unsafe, seek urgent help.**

### Australia crisis support:

Lifeline 13 11 14 | Emergency 000

# EARLY WARNING SIGNS CHECKLIST

## Early Warning Signs (Bipolar Check-In)

Tick any that apply in the last 48–72 hours.

### Sleep

- Needing less sleep but feeling fine
- Feeling “wired tired”
- Trouble falling asleep / waking early
- Skipping bedtime routines

### Thinking

- Racing thoughts / can’t switch off
- Increased confidence
- Ideas feel urgent
- Difficulty focusing

### Mood & Body

- Increased irritability / impatience
- More energy than usual
- Feeling restless in your body
- Anxiety that feels like activation

### Behaviour

- Increased talking/texting/posting
- Starting lots of projects at once
- More impulsive spending
- Alcohol feels more tempting

If you ticked 3+ boxes:

This is a sign to activate your Staying Well Plan (next page).

# YOUR PERSONAL “EARLIEST SIGNS”

## Your Personal Early Signs

The earlier you can recognise your pattern, the safer you become.

These are not “character flaws” — they’re signals.

**My earliest warning sign is usually:**

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**People close to me notice:**

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**When I’m getting activated, I tend to:**

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**When I’m sliding into depression, I tend to:**

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**My “high-risk” behaviours include: (e.g. overspending, oversharing, no sleep)**

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**What helps early:**

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# 48 HOUR ACTIVATION PLAN

## If You Feel Activated: Your 48-Hour Plan

When your brain speeds up, the most protective response is early action — not waiting until it becomes an episode.

For the next 48 hours, your priorities are:

Protect sleep |  Reduce stimulation |  Pause major decisions

### DO THIS

Keep evenings low stimulation

Eat regular meals

Stick to prescribed medications

Write ideas down in notes

Avoid alcohol / drugs

Tell 1 trusted person

### PAUSE THIS

No major purchases

No making public announcements

No intense late-night writing marathons

No big decisions

No launching new projects

### Reminder:

**You won't lose your ideas. But you can lose stability if you don't protect sleep**

# SLEEP PROTECTION PLAN

## Sleep Is Your Superpower

With bipolar, sleep isn't a luxury — it's treatment and prevention.

### Tonight I will:

- Go to bed by: \_\_\_\_\_
- Reduce screens 60 minutes before bed
- Keep lights low after 8pm
- Avoid alcohol
- Avoid caffeine after: \_\_\_\_\_
- Use a wind-down routine (repeatable + calming)

### My wind-down routine

*(choose 2–3 and repeat nightly)*

- shower
- herbal tea
- body scan
- reading (non-stimulating)
- music / brown noise
- journaling: "brain dump"

### If I can't sleep

- Get up, low light, quiet activity
- No scrolling / no big plans
- Return to bed when sleepy

### If sleep drops for 2+ nights:

That's an early warning sign — **get support early.**

# LOW MOOD SURVIVAL PLAN

## When You're Low: Do the Minimum That Matters

Depression isn't laziness.

Your job in bipolar depression is not to "fix your life" — it's to stay safe and reduce suffering.

### Your Minimums (choose the smallest version)

- take prescribed meds
- drink water
- eat something (even toast)
- open blinds / sunlight for 2 minutes
- wash face OR shower
- message one safe person: "I'm having a low day."

### What helps (even 1%)

- short walk / sit outside
- music
- comfort show
- warm shower
- gentle movement

### A helpful sentence:

"I'm not failing. I'm unwell — and it will pass."

# SUPPORT + CRISIS PLAN

## Support Plan

You deserve a plan that helps you act early – without shame.

### My Support Team

GP: \_\_\_\_\_

Psychiatrist: \_\_\_\_\_

Psychologist: \_\_\_\_\_

Trusted person: \_\_\_\_\_

Another support: \_\_\_\_\_

### When I'm struggling, these signs mean I need help now:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

### What I will do:

- Contact my GP / psychiatrist
- Contact my trusted person
- Go to ED / urgent mental health support
- Call Lifeline / local crisis service

### Australia crisis support:

Lifeline 13 11 14. Suicide Call Back Service 1300 659 467. Emergency 000