



## EPISODE 27: MAKING MANIAS MILD

- Speaker 1: [00:00](#) What's up real quick, I have to give a medical disclaimer. The information in this program is not intended or implied to be a substitute for medical diagnosis, treatment or advice. You are encouraged to confirm any information obtained from this program or through this program regarding any medical condition or any treatments with your physician. Never disregard professional medical advice or delay seeking treatment because of something you have heard or accessed through this program.
- Speaker 1: [00:35](#) Your listening to the bipolar now podcast, episode 27 Welcome to Bipolar Now, the weekly podcast for doing life on your terms, not the illness. And now here's the host of your show. Mike Lardi. Well hey there, it's Mike with you. Glad to be on another show. If you're just joining us or maybe you've just started listening recently, this is the podcast all about life and how that intersects with mental illness, specifically bipolar disorder. And from time to time of course we talk about the other things that hop along for the ride, like anxiety disorders and PTSD and all kinds of fun stuff. So that's what we deal with here on the show. Um, you know, I, I laugh about it now, but it's actually really devastating to try to come up with these shows from week to week because I know all of the pain that not only I felt in my own life, but that I know you might be going through right now or have just recently come out of.
- Speaker 1: [01:38](#) So I make this show from my heart and with all my heart and I'm always so amazed at the people that I meet. I mean my listeners, you guys are my tribe, you're my friends. We have this common bond. And, and even though it's so difficult, it's just amazing to me. Like the amount of support that I get from you, I'm constantly amazed at people checking in with me. They say, Hey Mike, it hurt. Like it just sounded like you were having a difficult time on the show this week. Is there anything I can do to help you? And that is just, it's mind blowing to me that we have such a commonality that there's just such a sense of being in a group together. We're a tribe. We faced the same challenges. So I love that. I know that there's several of you out there listening right now that you've committed to check in with me every now and then and from time to time when you think that, um, things are going on in my life where it's precipitating, you know, and another maybe manic disasters on the horizon for me and you want to check in and you want to stand in the gap and, and be able to, you know, fill that space as a friend and a supporter.
- Speaker 1: [02:48](#) And so I thank you. I truly, I love you from the bottom of my heart. This show is for you and it's for me too, oddly enough. And so, you know, today I, um, I scheduled this show to come on the heels of the whole training that we did on like the growth

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plan that accompanies this disorder and how we need to get away from being stuck in the different stages of growth and we need to progress and move along if we want to up our up, our, um, quality of life and, and also the ability that we have to be strong in the face of challenges. And, um, I actually recorded this episode earlier today and it came out so heavy and I felt like I just, I had to stop that and rerecord it. So here I am with you now and I really, I want to get through this without feeling so heavy, but you know what?

Speaker 1: [03:42](#) It dawned on me, the reason is today we're talking about having more mild manias. So we're specifically zeroing in on mania and we're looking at how to stay healthy. And I have this thing that I call my two day turnaround. And so I'm going to share that with you guys. And part of that two day turnaround, uh, includes some pretty heavy work internally. And so it's just, it's, it's going to be a tough one for me to personally get through because mania has impacted my life for the worse, like nothing else ever has. It's just taken me for twists and turns and it's dropped me on my face more times than I can count. And it's responsible for almost all of the pain in my life. So I can understand why I felt so heavy. Uh, this morning when I first attempted to record this, but it's part of a, a mini training series from last episode and the next episode we're going to deal with depression and the things that I do to keep depression, um, minimized in my life.

Speaker 1: [04:47](#) So, you know, the whole reason about going after these things is because they're not harmless. They are certainly not harmless. Like mania may be this romanticized thing that pulls you out of depression or out of the mundane or out of an ordinary, boring, hard life. Like maybe that's what pulls you out. And so you romanticize it a little bit. But I want, I want to be the one to tell you that yes, it is an incredible sensation to be lifted up like that, but this is not a harmless phase of the illness. This is an extremely destructive phase of the illness. Even if you don't have the extreme version like I do, where I wind up, you know, naked in the streets and getting picked up by the cops. Like even if you don't have the extreme version, it's still not harmless. This morning I had an incredible moment.

Speaker 1: [05:39](#) I, I meet him in a men's group in the mornings on Tuesdays and we get together and we share time together and we dig into each other's lives and we help push each other through challenges. And then of course at the center of all of this is some sort of Bible text or story. And the guys and I were meeting this morning and the, one of the questions was, when was a time in your life where God showed up? And instantly my mind goes back to when I was taking classes in college. You know, this is a, this is a time in my college career where I was getting a second go at it cause the first time I dropped out because of my

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symptoms and this was like my second attempt, you know, second out of three times I dropped out of school three times.

- Speaker 1: [06:24](#) So if that's you, if you've ever had to like walk away from something and not finish, I'm totally there with you. So this was my second go. And again, I was struggling and I didn't know it cause I wasn't diagnosed and I didn't have any name to associate with what I was going through, but I was becoming harder and harder to focus on class. And this you would think would be something that I could completely focus on because I was going to art school. So all the projects were art and design related and you would think that these would be things that I would just snap out, right? Like I would just bang these things out, have so much fun doing it and just grow and grow and grow as an artist. And that's not what happened to me. Um, I was going to art center college of design in Pasadena and taking their night classes.
- Speaker 1: [07:09](#) And I remember going to class one night with incomplete work and this is a high caliber school so they don't tolerate you not doing the work. So I showed up, I had a barely half made presentation and I put it on the wall and I was so embarrassed and I drove away from campus that night and I hopped on the freeway and I was headed towards Los Angeles. And this song comes on the radio and it's Michael Jackson and he's singing, I just can't stop loving you. I just can't stop loving you. And I didn't even hear his voice. I specifically remember, okay, no, this is different. Like I was, tears were streaming down my face. I'm like, no, this is different. This is different. This is God. And I was driving in the dark that night because it just dawned on me that I didn't know where I was at, what I was doing, where I was going, where all this was coming from.
- Speaker 1: [08:11](#) But here I was on the edge of failure one more time. And I couldn't hold it in any longer. The amazing thing is I heard those words and I took it as a sign that even though my life was falling apart, that I was being held together and held in the arms of heaven. You know, I'm not one of those guys who's going to get on here and tell you, you just need Jesus and everything will be fine. That's just not true. You know, things, things are going to go wrong in our lives. Things are going to work out, not for our good in the immediate moment, you know, of course we can't see the future. And of course all things work together for good, but in the moment things fall apart and you've got to remember Jesus' life didn't go so well for him.
- Speaker 1: [08:57](#) They, uh, they kind of put him to death. So here I was driving along and I just felt like my life was falling apart. And yet, even though I didn't know how, even though I didn't know the way I knew my life was going to somehow hold together. And it was

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an incredible moment that I got to share with the guys. And they were just like, yeah, totally. Like I've had songs do that to me too. So I pretty much knew that I wasn't the only one who's had an experience like that. But you know, bipolar is as far as like religion goes and things like that. Like bipolar isn't one of those things where you, you know, you have it because you're in sin. It's not one of those things that it's because you're, you're possessed by demons. Like religion loves to invent things that make us feel terrible about ourselves.

Speaker 1: [09:50](#) And I just want to say that it's not any of those things. And it's not even just an imbalance of chemicals. It's an actual syndrome. And a syndrome, if you know, is something that affects everyone who has it basically the exact same way. And so for those of us who have bipolar disorder, this is a syndrome that affects our mind. It affects our body and it affects our spirit. And each one of those things is so complicated. And yes, I try very hard on this show to unravel the things of the mind and to help you unravel what your body's going through. And even from time to time, even though this isn't a religious show or a spiritual show, um, I'm an extremely spiritual man and so I try to in some small way unravel the spiritual nature of this illness as well. So that's why I treat it the way I do.

Speaker 1: [10:45](#) I treated a lot like a 12 step program. We're not looking to change your behavior, you know, and, and I certainly am not qualified. I shared this last episode. I'm not even qualified to do the things that I'm doing. Like I feel like I'm barely qualified to have a podcast. But here I am and I'm trying to help all of us deal with life with bipolar, sort of like a 12 step program. And we're not looking at changing behavior. We are looking at what it takes to do something internally. Cause it's the internal things that are really tripping us up. It's the wounds, it's the shame, it's the insecurities, it's people pleasing, it's even addictions. These are all internal and that means that progress, like we talked about last episode, progress is going to be slow. Remember I told you if you're thinking about joining the peace plan in October, that it's not an overnight transformation.

Speaker 1: [11:50](#) It is a specific transformation that I am working towards with you month by month, week by week, but it's a slow process. Remember how I took you, took you through the different phases, the different stages and how I showed you like look at this tree growing up. If you've downloaded that, you remember this, look at this tree growing up from a sapling into a juvenile tree into a maturing tree and maybe someday into a majestic tree. It's slow. The growth process is slow. It's not only slow, it's also painful. This episode talking about mania and how to treat it right and how to get it out of your way as quickly as possible. It's painful to do that. And why is that? Because well, it's

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because there's a pruning process that is taking place. We need to be subtracting things out of our life when they cause us stress and anxiety. We need to edit those things out. If we're going to become professional, if we're going to grow in how we handle this illness, if we want to manage it like a pro, then we've got to start pruning, but of course not pruning takes us through trials. I'm in one right now. Not Pruning takes us through loss, devastation, hurt, disappointment. It's painful. It's painful, it's painful. I'm not trying to run away from that. I'm not trying to paint a coat of pink over this and say that everything's going to be cute and cupcakes.

Speaker 1: [13:30](#) It's, it's progress is slow. Progress is painful. You know when you're in stage zero, like we talked about last episode, when you're in the stage of ignorance, it is incredibly painful because we keep doing the same things over and over and of course expecting different results. And of course everybody knows that line. That's the definition of insanity. But in ignorance, you almost can't help it. It's not your fault. It's a stage. It's a, it's being in the darkness about this illness. Well, when the light comes on and you get a diagnosis, you become aware and maybe one of the first things you become aware of is, okay, now I've met with a doctor. Now they've told me the words, it's bipolar and now they're writing me a prescription and I'm supposed to go to the pharmacy. So meds becomes a thing. You know, it's, it's not, uh, you're not forced unless you're in certain states where they have like a mental health law where it requires you to check in, you know, and get your, your weekly shot.

Speaker 1: [14:32](#) I know some people have to go through that. Um, but for the most part it's optional. And I just wanted you to know right now that when you hear me talk about medications, I get the fact that it's optional. I get that we live in a culture that says, just take those meds and you'll stop being a scary person. Just take those meds and you'll stop being like the way you are, which is the way you don't like, like we hear those messages all the time, just take your meds. I can't believe you're not taking your meds and it's, it's like you, you almost want to throw up when you hear that kind of stuff, right? Cause you know maybe for you taking medications is more unbearable than being sick. So we have this option of well can I be miserable or can I be sick?

Speaker 1: [15:18](#) Pick one. Like neither of those are any good. Neither of those. What I'm saying is meds is just an awareness. Like all of a sudden you're aware, okay this is an option for me and I want to tell you that the research is on your side. If you do take meds and you do get them adjusted and you do find the right combination, that seems to do the trick between not giving you too many side effects but also helping you like even out in your

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moods and if you're tracking, you know, if you track in a journal, we like your moods, you should be able to see some kind of palpable difference from when before to when, after like before meds and now that I'm taking meds, like you should see the research is on your side and and meds aren't like Tylenol, right? Like here, this out meds are not, bipolar meds are not like Tylenol.

Speaker 1: [16:13](#) You can't just pop one when you have a fever. It doesn't work like that. These things have to stay in your bloodstream. They have to be in your chemistry and they have to be there ongoing. And I know that's such a bummer, right? You're like, you wish you could just stop when you're feeling well, but that's not how these things work. These drugs are heavy duty and they need to be in your system. So you know, I'm not a doctor. Of course everything you do, every adjustment you make going on, going off what have you, all of this has to be filtered through your doctor there. The pro, they've got the schooling, they know what they're doing and they're just practicing to try and figure out what it is is going to work for you the best. So don't give up on meds. If you're on him right now and it seems like it's just terrible and if you're not on meds, you know what?

Speaker 1: [16:59](#) My hat's off to you. I really would love for you to just reach out to me from time to time and tell me how that's going for you and how the things that we talk about on this program, how they help you to live, you know, a drug free life. I would love to hear that. So I'm behind you either way, I and I and I care about you either way and I want you to find your way out of the dark. And so, you know, mania is one of those things that we're going to talk about today and is coming next week. But mania is one of those things where it's actually, I started with it today because it's the more simple of the phases of the phases of the illness. It's the more simple to tackle, you know, depression. It just takes a little bit more effort, more more angles.

Speaker 1: [17:42](#) You got to come at it with, you kind of have to like continually manipulate your situation so that you stay away from it. Like it's just, it's not simple, but I thought I'd tackle the easier one today and thought I'd let you know that this symptom, so mania is just one symptom of bipolar disorder, but it always has the same basic causes, right? Same basic types of triggers, which means, and I love this, I truly this, this means a lot to me to have to fight mania different every single time it comes up. Like, because I feel like I didn't do it quite right last time. That's not a good strategy. What I've done and what I'm sharing with you today is I've landed on a single strategy and I just evolve that strategy a little bit better every time I faced that particular crisis.

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- Speaker 1: [18:31](#) So same strategy, same triggers, same symptom. You know [inaudible], it's all the same. You just work at it the same and you just get better and better at it and I want you to look forward to that. I want you to look forward to getting really good at taking. Whenever the mania starts to creep up and you notice it taking it and dealing with it right away, that's where you're going to find that your quality of life improves. That's also where you're going to find it. You're not going to get dragged away and like pulled into doing stuff that you know is just not good. So remember, I just want you to have assurance. I want you to have great assurance in the growth plan, which is the download that I'm also attaching to today's episode. You got it last episode and we're going to get it again here.
- Speaker 1: [19:15](#) The growth plan is all about the assurance. It's about. It's about being assured that the natural byproduct of growing up, of moving and progressing through these phases, these different steps that I've laid out for you, like moving through the growth plan, the natural byproduct is going to be that you're going to face your illness with better strength, better smarts. You're going to know and be certain that you can deal with it. This time you dealt with it last time it went really well. This time is going to be no different. You got nothing to be afraid of. Nothing to worry about. Life can get crazy like the temperature can soar. I'm in a really, you could probably hear it in my voice, right? Like I'm in a really hot spot right now. I am juggling so many chainsaws, you know, as the circus actor does, I am juggling so many things right now and my life is hot and I'm in the midst of pruning because it's becoming painful once again. But I've learned once I just edit these things out, then my, my symptoms, they're naturally gonna fade and that's what you want. So we're going to get into it. It's my two day turnaround. I know what you're probably thinking. Mike, what in the world are you saying? You're saying I can turn around the onset of a manic episode in just two days? Does that sound crazy? I think it does, but pretty much that's what I'm going to share with you. So without further ado, here we go.
- Speaker 1: [20:56](#) [inaudible] okay. Okay. Where to start? I want to start us in our combat of manic symptoms. I want to start us out in a place of awareness. So kind of just like in the growth plan, stage one, awareness. We're aware that something's going on. This is the thing that I ask myself, okay, I'm feeling something different today. Have I felt this way before? It's a good question to ask. Have I felt this way before? And then the next step beyond that is to think through, well, when I felt this way before, how did it turn out? Did it turn out? Not so good? Mania can do so many things. There are so many different effects and visible like manifestations of the illness. It's, I wrote down a bunch of just recent things that I could think of off the top of my head. But

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mania is like this mania mania is like, and I, and I want to make this clear as we head into like, you know, this whole two day turnaround in this solution, you know, that I've kind of wound up doing, um, mania.

- Speaker 1: [22:09](#) I have to be aware of it because it shows up and then I have to deal with it. But if I don't recognize it, then it gets a head start on me and I have a lot more work to do, to work in off essentially. So mania is like this, here's my awareness. Mania is like when I feel like racing ahead of everyone, my internal clock is just sped up. It's, I just feel like everybody's moving too slow. They're speaking too slow. I need to race ahead of everybody and that is a clear symptom that mania has been developing. So here's another one. I think that I need a good stiff drink and that's what's going to take the edge off. I was never into alcohol before my disorder. I just wasn't, it just wasn't interesting to me. It just didn't ever appeal to me.
- Speaker 1: [23:04](#) And then all of a sudden when life got crazy, I started running to the store and picking up bottles of alcohol and I had all kinds of alcohol hidden, you know, in the house. And I would come home from work and just guzzle and guzzling guzzle it straight out of the bottle. I felt like a good stiff drink was gonna take the edge off. That's another awareness piece. How about this one? My thoughts start super connecting one to the other. Have you ever had a thought lead to a thought and then the confluence of those two thoughts produced another thought and now you're juggling all three thoughts together. And here's, here's another tell-tale. I think that those thoughts then because they're so big, those thoughts are gonna change the world. And as I felt that many times in my life, I felt like my ideas were going to change the world this time around.
- Speaker 1: [24:01](#) Of course, write the caveat. Didn't change it last time, but this time it's gonna change everything. So my ideas, my thoughts, the super connecting. How about this? I'm interested in taking risks. So this shows up in me driving for example, how aggressively am I driving? If I catch myself wanting to speed around town, then I can pretty much say, all right, that's something that's happening right now. Like the mania is developing. I need to get a grip literally. How about this? I get sidetracked off of important tasks or projects. Right, right, right. Can't finish. Remember I shared about art school and me bringing my half finished, barely even worked on a presentation to school with me and how embarrassing that was. Like I got sidetracked cause some 20 other things was more important than that class in the moment. You know, class was important at one point and then all of a sudden when the illness strikes everything else becomes more important.

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- Speaker 1: [25:04](#) Right, right, right. So I get sidetracked. I don't finish. How about this? I feel like being extra chatty when I see people in public, and this is not characteristic of me, like I like to mind my own business. I like to just get through the store and not talk to anybody. I like to just walk along. If I see somebody on the other side of the road, you know that you know, don't acknowledge them or walk around in them or whatever. You know? My favorite is when like people don't see you and you, you're just eyeing them, right? You're just walking and you're like, don't look at me. Don't look at me, don't look at me, and they don't look at you and you just keep walking and you and baby, but she know this person. You probably even like this person but you don't want to chat with them.
- Speaker 1: [25:46](#) Well, what I'm telling you is the flip side happens with me. As I become more manic, I get super chatty. I want to talk, talk, talk, talk, somebodies ear off and it's probably super annoying for people so I got to recognize that. How about this feeling wired late at night or waking up totally early in the morning just ready to go. Let's go. It's 2:00 AM cares. Let's go like that's a symptom of mania. It's almost the first sign. Really. If you notice that you are blowing your bedtime like that's a good sign. That's a good awareness. You know that you need to take care of this thing and you need to get to bed falling asleep. And we got to this in, I believe it was episode 18 talking about getting to sleep and maximizing your sleep, but we talked about how sleep is the number one predictor of bipolar illness.
- Speaker 1: [26:41](#) Getting too much leads to depression and getting too little triggers mania. Like it's just the way it is. It's a circadian rhythm bio rhythmic disorder. So this is the first song, your sleep, how about this being excessively goal oriented. Okay, fill me on this one. Right? Like all of a sudden you are hyper aggressive on finishing something. Remember you weren't a finisher at first. You can get, you could, you can not be a finisher as well. I was trying to say you can not be a finisher like I was in school or you can be excessively interested in finishing something and usually the bigger the better and the harder the better. And you get real aggressive on pushing that through. How about this? Seeing an endless amount of beauty, captivating, breathtaking, just mindblowing beauty all around you looking at the world. Like you just see it with eyes of intense beauty and then of course you feel like, Hey, I can do anything.
- Speaker 1: [27:48](#) I'm a beautiful person and I can be anything and I can be anybody I want. My life is limitless now. Okay, maybe there are like good things to some of these like we can redeem them. But feeling like feeling like to world is just so intensely beautiful that you can't even walk down the street. Like without getting sidetracked into something and looking at something like that's

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a sign you just gotta be aware like it's okay to believe in yourself. It's okay to think like I can become whoever I want to become. That's good. But this like limitless, super sky high thinking like that's a sign. And I do this all the time. Here's another thing I do. I feel a rush of health and wellbeing. I feel so incredibly good and this is the point where I am most tempted to go off of my medications.

Speaker 1: [28:48](#) I'll just be honest. I feel so full of health. I have a spring in my step, I'm going to the gym after a long day's work in construction. Like I just feel super healthy and that's a sign, that's a sign. It's okay to be healthy, but to feel a rush of health and wellbeing to where it makes you say, you know what, I'm good. I'm not even sick anymore. That's the maybe one of the first signs that you can pay attention to is saying, I'm not sick, I'm fine, I'm cured. That's maybe a step of awareness. It is for me. And then of course, of course, of course there is the sex drive and of course it's way out of bounds. It's revving, it's roaring. Okay. It like it goes beyond the realm of being healthy and normal, you know, whatever that, but it goes beyond that realm and it's just roaring and raging and revving.

Speaker 1: [29:46](#) And that is a sign. And even though it's like intense to experience, I don't want to be like that for more than a couple minutes. Like that's just too much. Just way too much. So that's, that's the awareness. And then of course if you ignore all of these things, you'll wind up in a deeper end of the pool and that's where you can't even function. And Mania is one of those symptoms of bipolar disorder where eventually, and I should preface this, if you have bipolar one, eventually you can't function. So you get into things like mixed mania and that's where you feel, you feel wired, like you feel up, but you're also dragging. I, I don't know how to describe it. Like, and I've looked in other books to see how like clinicians would describe this because they see so many patients, you know, describing these mixed manic states and they all see kind of the same things.

Speaker 1: [30:42](#) It's very vague. Like you're up in, you're down at the same time and that's really dangerous. I mean that is where I am just drifting. I am like losing it. That's where I start entering into psychosis, getting hallucinations. You guys, I used to see people like walking around me that weren't even there walking in and out of doors or driving by me or like seeing animals like run past me that weren't even real. And it's just, it's, it's the deep end of the pool. You start to break down, you can't even function, you know, I got to ask like in all of these things that I share with you, and these are heavy, right? Like we can laugh maybe about a couple of the stories, but there's other stories from these feelings and these effects. Like they're stories that are not funny

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at all. And one thing I have to ask myself as, you know, as I learned to live with illness is, is this just me?

Speaker 1: [31:41](#) Is it just me or is this me being sick? You know, not beginning to know the difference between the two. That's something you can fall into. That's something I don't want you to fall into. You know, is it you or is it the illness? He got to know who the real you is cause the real, you doesn't do these things. He or she just, they don't participate in these kinds of activities. They don't think this way. They don't go through these different symptoms and side just effects, not side effects but effects. And so you've got to be able to distinguish and keep distinguishing this is me or this is the sick me and I need to get back to me cause what does it come down to, right? Like what do all of these things come down to? If it doesn't come down to something good, then you know that you're veering into sickness.

Speaker 1: [32:38](#) Now I can, I can look across all of these things that came to mind and I can think, all right, so that's not good for me. That veers into the not good, but like there's parts of this that are good, like I was talking about the ability to feel like you're healthy or that you have wellbeing or that you can be somebody different if you feel like being somebody different or you can be a better you if you want to be a better, you like all of these things, you know, they're, they're not necessarily bad on face value. It's just where do they turn from being dreamy into disastrous, right? Cause that's where the difference is. What does it come down to? Sure. It feels dreamy now, but the last time you felt that way, what did it turn into? Was it a dream that turned into a disaster?

Speaker 1: [33:31](#) It, this just comes with experience. You got to go through this several times to, to develop that strong awareness, to really know yourself. But it is so worth it. It is so worth it. So worth it. You know, we talked about awareness, we talked about how this is step one. Well, within step one, what I do with the whole awareness thing is I just, I ask what should I do? Should I roll with it or should I resist? You know, like, am I going to roll with what I'm feeling right now and chance it or am I going to resist? And usually now I'm, I'm no different than you. I feel very seduced by mania. I do. Even though it's destroyed my life, it's like it's still charms me. I, I, I wish I was like, I wish I was beyond it. Right and I'm growing.

Speaker 1: [34:22](#) I'm getting there. I am learning like I'm evolving in this process and the process. You're going to hear this little two day turnaround that I do. It's something that I've had to like work through multiple times. I probably had a dozen hypomanic episodes that have led to me responding to it and resisting it in

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this way. But here's what I do. It's just what we've been talking about. I take the symptom, I take the outward effect and I run it all the way down to the conclusion. And I know you're smart. I know you can find the conclusion to every outward effect of your symptoms. Just play the tape forward, run it down the line. What do you see? What's there? You like what's there? No. Okay, so it's time to resist. So when you're ready to resist, once you've run this thing all the way through and you've played the tape forward, here's what I do and this is, I'll just give this to you. This is a little strange, but I've landed on this because I've suffered so much that I actually connect to the pain of having done this before.

Speaker 1: [35:32](#)

In my mind, I say, I've gone there. I've paid the price, I've been down this road. I know it's at the end. I've played the tape forward. So what I do is I connect. I connect to that pain. I let that pain give me authentic sorrow. This is, this is hard to explain because authentic sorrow comes from a spiritual place. I feel authentic sorrow for what I'm going through right now as I'm going through a manic episode. If I were to be going through a manic episode right now, I, I connect to the pain. I feel authentic sorrow, and it's, it's just a spiritual state of being. You know, you remember, this is a mind, body, spirit effected illness, and I use my spirit to dictate to my mind and my body that we're not going there. We're going to temper this. So what I do is I soak up the sorrow of the world inside of myself.

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So, so can you picture maybe, maybe you're not spiritual. I'm trying to explain this in the best way that I can, but maybe you can picture that energy of sorrow. Okay, so go with that energy right now. Sorrow. And you contrast that to the energy of mania. Hypomania as it's developing. The two things, start to have this tension and in your spirit, once you've developed this part of your nature, that's something you choose to do. Or maybe you open, you've already done it. What I'm telling you is let sorrow pull you away from the hype, right? Mania is all about hype. People are like, I just wish I could be like this all the time. It's hype. It's hype. It doesn't take you anywhere. Good. Let sorrow pull you away from that. Let sorrow be the thing that says, you know what? This isn't me.

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This is me being sick and be sorrowful about being sick. It's good. Spiritual sorrow is good. You know, there's an ancient saying, and it's true today. It says that sorrow is better than laughter and it basically says that tears are better than partying, but it's true. Spiritual sorrow is a good thing. It's going to move you out of harm's way and get you back to health. So look at it as a good thing in that way. So this is, this is just something that it's important, right? This is something that I use to turn myself around in two days. It's about seeing mania as unhealthy and

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unattractive, right? Remember, we're doing internal work. This is our 12 step. This is our 12 step podcast. Welcome. We're doing internal work and seeing mania as unhealthy and unattractive. That's going to do wonders for you. Wonders. Mania is like raining in a bucking horse, okay?

Speaker 1: [38:39](#) It's exhilarating. It's daring, it's energizing, and if you choose to roll with it, that horse is going to buck you off at some point. So you've got to be the expert writer. Get that horse down under control. The thing I like that I think I want to teach you through today's episode, through what we do together on this show. I want to show you how to remain in control. So yes, part of my two day turnaround is developing a counter measure. It's, it's working against that, that hype. It's, it's, it's going against the pole. It's allowing sorrow to give you a state of being that prevents you from doing all the wild and crazy antics that, you know what? Like, I blew my savings in a day. One time I had savings that I had been working on for years and I blew those savings in a day.

Speaker 1: [39:37](#) That's the bucking horse, right? It was so exciting to go into all those stores and spend all that money and not even be able to fit stuff in my car. It was so exhilarating to do that. The horse was like, yeah, yeah, yeah, Yippee. And then all of a sudden it bucked me off and I was broke and of course I was depressed. So you gotta take the counter measure that next thing you gotta to have is you gotta have a way to declutter what you are doing. So the day, here's Day one, you look at your calendar, you say, look at all these crazy things and I'm committed to this week. Which ones can I just axe right now? You've got to declutter your calendar. You've got to have discernment of saying why is this essential? Why am I absolutely needing to do this? You need to get rid of things that are going to drive you to mania and, and a further deeper expression of it, which we know goes nowhere.

Speaker 1: [40:33](#) Great. So you got to declutter. So that's day one. Day One is also a critical day for you to get a handle on this. If you're going to do it in two days, and again, not everybody's going to be like this, you know, for you it might take two weeks. I don't know. And I'm not also not talking about like having a mania where you've been in it for quite a while and now you're trying to get a hold on it. Like I don't have any experience of turning that around. I'm imagining this would help quite a bit. Sleep is going to help the most, but I'm imagining this whole, you know, countermeasure and sorrow and decluttering. I'm imagining this is going to do a lot more powerful work if when you're healthy and you catch yourself sliding into mania, elevating, if you catch yourself, these are the two things I want you to do in the two days, is to do the countermeasure. Let that be your attitude. You've got to declutter. You might want to take this energy to

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declutter the home while you're at it. You know, you gotta, you gotta try and make your home. Think of your home as being like a sanctuary.

Speaker 1: [41:36](#) Do you know why hospitals that house people like you and I, do? You know why they're so boring and clean and plain and there's just not a lot of stuff to look at. Like there's not piles of things everywhere. Do you know why that is? Because that creates a mental state of calm. And if your home is a disaster, it is going to be much more difficult to remain calm. So what I'm saying is if you don't have anything to do, if you're not committed on your calendar, use that energy, use that hypomanic energy to clean the house. It's okay. I've had people tell me this all the time, Mike, I know when I'm getting sick because I just start cleaning the house. And I'm like, heck yeah, you do. You know, I want you to clean your house when you don't need that kind of energy and you just do it.

Speaker 1: [42:29](#) But you know when you get it clean, keep it clean because it's going to help you stay calm. So that's so the declutter. Then then the other thing that I do for my two day turnaround, and this is the sleep component I have, my doctor prescribed me asleep aid, so I keep it in the medicine cabinet, hardly ever use it. But in special instances when my energy is ramping and I know where that goes that very night, I don't, I don't play around with this. I don't go out and you know, have a wild time on the town. I know where this stuff goes. This stuff has ruined my life. So I take my prescription sleep aid just like my doctor prescribed and I take it knowing that I'm going to fall asleep and hopefully stay asleep. And if I take that on night one, Gosh, tomorrow I'm feeling like 60 70% better already.

Speaker 1: [43:24](#) It is, it is amazing. Literally amazing how powerful good sleep is to quell the spell of mania. It's amazing. So that's, that's going into day to day to declutter yourself. Low stimulation, you know, get rid of the hyper activity, get rid of all the ridiculous things you committed to have an easy going day and you know, get the basics done. Go to work if you work, if you're working, still go to work, but use that sorrow, right? This is our attitude. Use that sorrow to be a countermeasure to the energy. It's, it's going to be quite a bit diminished from yesterday, but when you get to the end of day two you have the option. Are you going to fall asleep naturally or are you going to need that sleep aid? And this is up to you. This is totally within your discernment. You make the choice. If you can go to bed without it, try it, just try it.

Speaker 1: [44:26](#) And if you wake up in the middle of the night, you know, do whatever your doctor says as far as how to handle that. Personally, I don't even get into bed after 10:00 PM there's just a magic window of sleep where the body is doing all kinds of

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regeneration, unmatched in any other phases of sleep. The sleep cycles you go through from 10:00 AM to 2:00 PM they're magic. They're totally regenerative. So if I don't fall asleep by 10 I'm just like, I'm just going to fall asleep. You know? And if I wake up in the middle of the night, I personally, you know, run this by your doctor. But I personally, if I wake up in the middle of the night, I just go with it. I just said, you know what, I'm going to stay in bed. But what I'm thinking is if you follow this the way I do and it works out for you the way it works out for me, by day two, you might not even need that sleep aid.

Speaker 1: [45:15](#) And then day three rolls around and you're like, I'm pretty much 90%. They're like, I'm good. Like I don't need to worry anymore. And so that's what I do. That's how I fill my, uh, my day with action to counter measure against what this illness is trying to cook up. So you've got the awareness piece, when is it, what is it? How does it feel? What happened last time? And you got the action, what am I going to do with this because of this? What am I going to do? How am I going to resist? How am I going to do that? And then the final part of this whole thing, and this is just like a maintenance phase, but you go into a phase of protecting yourself and this is where you gotta keep yourself continually. Keep yourself decluttered in your calendar and in your home.

Speaker 1: [46:06](#) Just declutter low pressure, like do everything you can and I know life is life and life throws total curve balls at us and life is like a snowball that rolls down a hill and the pressure gets crazier and crazier and crazier. What I'm saying is before it ever gets that bad, edit something out of your life, just take it and remove it. Tried to be as low pressure as possible. You can be a total go getter. This is my secret. You can be a total coke getter and live with low pressure. This is something I do all the time. Of course this week I'm being challenged and of course this is the week that I'm doing the whole podcast on mania, you know? And as far as all the pressures that cook that up, you know, I've shared them on previous episodes and I'm doing an art show right now in addition to all the things that I'm working on online in my business.

Speaker 1: [47:00](#) And then also paying bills with side jobs. And so yes, life is like a snowball and it just picks up speed. But you've got to break it. You got to come back to being as decluttered and low pressure as possible. So I'm, I am absolutely speaking to me right now, but I hope he gets something out of this. So this is a illness where, and this is something I learned early on and it helped me so much, this is an illness that is stress induced. So that means because it is stress induced, you gotta stay low key and this is how you're going to grow. This is how you're going to develop. Remember, that's what this is all about, these enormous

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benefits of having that growth mindset. Enormous benefits. So we're here at the tail end. Well what did you think of my little, a two day turnaround strategy for mania?

Speaker 1: [47:57](#) You know what, if you have a strategy where you turn things around quickly, would you just email me sometime? Would you just share, just reach out to me, let me know like, Hey Mike, I love what you are sharing but this is what I do and this works out so well. Like I'm infinitely curious about that kind of stuff. I love that. I want to be aware of how other people are, are fighting this thing and I just get so excited. I try not to get too heavy today. You know, I tried to stay away from that because this is a very difficult thing for me to talk about. It's something that's upset my life so many times, caused me so much ruin, so much damage to my reputation. I just, I know you can hear it in my voice. I know, you know, this is hard for me to talk about.

Speaker 1: [48:43](#) This is, this is a biggie. Getting a grip on mania, you know, I tend to swing towards it. Some people tend to swing towards depression and that's equally as terrible. Um, but, but this one rings true for me this week. So whether it takes two days or whether it takes two weeks to turn that manic episode down, you're still not going to be suffering as you would without this strategy or some strategy. So again, how does this fit into the growth plan? This fits in at every single stage. So whether you're in stage one or stage four or anywhere in between, having a strategy for going through mania and keeping it mild, having a strategy is going to help you so much. And I know this is something that I'm gonna come back to as I teach through the peace plan. You know, when that membership starts, people are going to be going through life, they're going to be encountering symptoms, and they're going to have struggles.

Speaker 1: [49:44](#) And I know this, I already know this going into it and I'm going to be there for you and the community's going to be there for you. And we're going to work this through at every stage and every step within every stage along the way because having these strategies and developing them and becoming more and more evolved and how you combat this disorder, that's where your life just continually grows and changes and you get to be in charge of that. You know? Instead of sinking in the waves, you get to be the captain of the ship and yeah, maybe you take on some water from time to time, but you are the captain and you are taking this ship. This is your life. You are taking this life where you want it to go. So if you haven't already downloaded that, that's the growth plan for bipolar.

Speaker 1: [50:29](#) It's easy to find. You just go to Mike Lardi dot com forward slash growth plan, and you'll just pick it up right there. You just give me your email and hit go and it'll send it right to your email and

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I just, I want you to have this in your hand. As we go through each of these episodes of the podcast, I want you to see where you fit in on the plan, where you're at, maybe some milestones that you've checked off and some milestones to look forward to along with the action steps that it's going to take to get you there. So I spent a lot of time putting a lot of love into this and I've gotten some great feedback on it. People are loving it. They love that they know what to do next. It's like, okay, we're not sick anymore. What's next? What do I do next?

- Speaker 1:            [51:11](#)            How do I, how do I get ahead of this thing? How do I get some distance out there? So thanks for joining me for today. Next week is going to be a great episode. We're going to talk about depression. I know everybody's favorite, right? Depression. We're going to talk about it. We're going to talk about how I put things in my life and maintain them in a way that allows me to basically avoid it almost almost every time I can. I can minimize it like I talked about today, or I can just avoid it altogether. And this is very nice. Let me tell you. Very nice. So that's next week. That's episode 28 can't wait to see you there, so don't miss it. And you know, we'll be here as we do. We'll be here same time. We'll be here the same place next week. Adios.
- Speaker 2:            [51:57](#)            [inaudible].
- Speaker 3:            [52:02](#)            Thanks for listening to the Bipolar Now Podcast at [www dot Mike Lardi dot com](http://www.dotMikeLardi.com).