



ACE IS THE PLACE

Help is Hope for Bipolars

Losing Balance

Explosion of energy
freedom,
excitement!
Enhanced senses,
Radios and magazines full of clues...
just for
me
Mankind needs me!

Forcefully enclosed by the
"Walls-of-Sanity"
fear, anger, confusion
Has it been hours or days?
Time has no meaning.

A shocking new reality...
it's slower, quiet,
scary.
It becomes
familiar...
Normal.

A blanket of
blackness
suffocates.
Hibernation is the only friend.
Life is in slow
motion, almost
non-existent.

Spinning disruptions ~ cycle
Interrupting
love, life and
laughter. Humiliation and
regret irreversible. Security,
comfort
,
self confidence
diminish. So many
disappointments...
unfulfilled dreams...
Stolen...
by no fault of my own.

~ Tammy Nadine Tetreau

Losing balance is my description of the various stages of manic depression as I have experienced them. It describes mania, hospitalization, health, depression and the devastating effects this illness has had on my life.

During mania, I would go for days – sometimes weeks – without sleep and experience an explosion of energy and excitement. When in public spaces, I had the ability to hear a number of conversations at one time and hear intimate details from all of them. During a few episodes, the radio would send me messages and when I looked at magazines, hidden clues would appear before me.

I was committed and forced into seclusion on all occasions of being hospitalized, where I would spend an undetermined amount of time. It was always shocking how the rate of my speedy thoughts would come to a halt as the medications began to take effect.

I usually sank back into depression upon

my release from hospital, which would immobilize me for months. I have had to overcome incredible barriers as a result of this illness and learn to find meaning in life over and over.

Thankfully, I have been able to accept my illness and have had successful treatment. Being bipolar has not disabled me now for 18 years.

TAMMY
NADINE
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