

# 2023 WORLD BIPOLAR DAY



Celebrating Vincent Van Gogh's Birthday **MARCH 30**

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## HOW TO GET INVOLVED WITH WORLD BIPOLAR DAY

Gather together to Blow Bubbles for Bipolar and help spread awareness, celebrate recovery and end the stigma surrounding Bipolar Disorder.

### Spread the word

World Bipolar Day is marked on March 30 to celebrate the birthday of Vincent Van Gogh. Let your colleagues, friends, and family know about the festivities by setting up a Facebook event, sending out e-vites, or good old-fashioned paper invites. Whichever option you choose, remember that it's all about awareness!

### Get your supplies

Whether you're throwing a party, a picnic, a morning tea or just taking a moment out of your day to blow some bubbles, make sure you buy some bubbles and add some decorations to fit your occasion.

### Blow some bubbles

Bipolar Australia's core initiative is Blow Bubbles for Bipolar. It's a fun and easy activity to all celebrate the occasion and the possibility of recovery as well and hold powerful symbolic meaning for those with bipolar.

### Share your support

Don't forget to take some awesome snaps of your event. Share your pics using the hashtags #WorldBipolarDay and #BipolarBubbles on Facebook, Instagram, and Twitter to show your support!

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[www.bipolaraustralia.org.au](http://www.bipolaraustralia.org.au)

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## FAQ SHEET

### When is World Bipolar Day?

World Bipolar Day 2020 is celebrated on Monday March 30th, the birthday of Vincent Van Gogh, who is widely believed to have suffered from bipolar disorder.

### How can we celebrate?

Our core initiative is "Blow Bubbles for Bipolar", a fun and easy activity that can be used to celebrate the occasion with colleagues, friends, and family.

- Take photos of yourself blowing bubbles and tag on #BipolarBubbles challenge and #WorldBipolarDay
- Contact your friend or family member to share the blowing bubbles on Skype, WhatsApp video.
- Have an e-Party with your colleagues, be creative with your bubbles.

### What else can I do to show support??

World Bipolar Day is just one day a year that helps raise awareness, but we also need your help spreading the message that **Recovery is Possible** all year round!

### Why should we celebrate?

We encourage people living with bipolar to seek out help and for the community to support them. Working together to eliminate social stigma, will bring about our core goal of making recovery possible for all people with bipolar disorder.

Bipolar Australia aims to use World Bipolar Day to help bring the good news about recovery to people affected by the condition, and to educate the community about bipolar.

### What is the significance of the bubbles?

We chose bubbles because people with bipolar who become manic are often described as behaving bubbly while watching the bubbles crash back down represents the depressive phase of the condition.

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## HOW TO MAKE YOUR OWN BUBBLES!

Make your own bubble makers from ingredients in your own home!

### DIY Bubble Mix

#### INGREDIENTS

2 cups Dishwashing Liquid

1 cup Water

1 tsp Glycerine or Cooking Oil

#### METHOD

In a large jar, container, bucket or bowl pour your dishwashing liquid in.

Add in the water so it's a strong mix and give it a stir.

Add 1 tablespoon of glycerine or cooking oil - It makes the bubbles less likely to burst! And VOILA your bubble mix is done!

### DIY Bubble Wand

You can use just about anything to make a bubble wand, but start with these ideas and have fun experimenting later.

#### Plastic cup:

Punch a hole in the bottom to blow through. Dip the large open end into the solution and blow.

#### Plastic soft drink bottles:

Cut the bottom of the bottle and dip. Blow into the bottle top to make your magnificent bubbles

#### Pipe cleaners:

The beauty of this one is that you can create just about any shape you like from a pipe cleaner. Just make sure you keep a section as a handle!

#### Plastic funnel:

Using the large end to dip and the small end to blow! Too easy!

#### Drinking straws:

Dip one end in and blow through the other! These should be small, but fast owing bubbles. Why not bunch some together and see how many you can get at once!

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