

BORDERLINE PERSONALITY DISORDER

How do you define borderline personality disorder (BPD)?

One of the lesser known mental health conditions, BPD is when a person feels like they have lost all stability in their life. It is marked by mood swings and unstable behaviour. It's confusing, but don't worry you can control it.



SYMPTOMS OF BPD

Emotional instability

Experiencing various episodes of intense emotions like depression, anger, or anxiety that can last up to a few days at a time.

Distorted thinking

Volatile changes of your opinion often triggered by small or minor things, or using 'black-and-white' thinking where you see things as only all-good or all-bad.

Impulsive behaviour

Struggling with poor impulse control. Behaving recklessly in several different areas including eating, spending, and substance abuse.

Unstable relationships

Fear of abandonment and reacting with distress or anger when separated from loved ones, even for short periods of time.

COPING STRATEGIES

Talk about it!

Tell someone you trust about how you are feeling so they can support you.

Analyse your feelings

Take time to ask yourself how you are feeling and address where these feelings are coming from. This is a great way to identify potential mood-swing triggers.

Don't respond immediately

Avoid reacting with emotionally charged responses which may be out of proportion to the situation as this will lead to strains on relationships with others. Take a breath and consider your response with full rationality.

Use positive self-talk

Avoid spending time caught up in negative thoughts. Make positive comments about yourself to yourself. It's an easy way to give your mood an encouraging boost.

