BIPOLAR DISORDER AS DEPICTED IN MODERN LOVE

PROFILE WORKSHEET	 Lessons in Mental Health

Modern Love, a popular Amazon anthology series based on the New York Times column, explores love in all its forms.

In episode three, Anne Hathaway stars as Lexi, a brilliant attorney with bipolar disorder who hides her diagnosis from others.

As you watch the episode:

Provide five specific examples of signs and symptoms Lexi exhibits that are consistent with Bipolar:

- Symptom 1:
- Symptom 2:
- Symptom 3:
- Symptom 4:
- Symptom 5:

- Stigma and Characterization: How is Lexi's condition stigmatized? How is her behavior perceived by her co-workers and in her relationships?
  - Describe instances of stigma or misunderstanding:
  - How do others perceive Lexi because of her condition/behavior?

Treatment and Recovery: Discuss the treatments or interventions used in the movie to manage Lexi's Bipolar.

- Medication:
    - Does Lexi take medication in the movie?
    - How does it affect her?
- Therapy and Support:
    - Does Lexi receive therapy or support from mental health professionals?

Personal Reflection Movie's Message:

- Why does Lexi decide to disclose her diagnosis, and how does this change her life?
- How does the episode illustrate the importance of empathy in supporting individuals with a mental health disorder?

Turning In Your Activity

- Turn in your physical worksheets.

Lessons in Mental Health

- Use this worksheet as is, or view the Canva link for a fully modifiable template.
- Link: Bipolar Profile Worksheet
- Canva is FREE for all teachers.
- You are welcome to download and use this resource for your personal and classroom needs. However, any redistribution, whether free or paid, or unauthorized publication online is strictly prohibited.