
MODERN LOVE

Lessons in Mental Health

- Use this presentation as is, or view the Canva link for a fully modifiable template.

- Link: Modern Love Bipolar Disorder Profile
- Link: Bipolar Profile Worksheet
- PDF: Bipolar Profile Worksheet

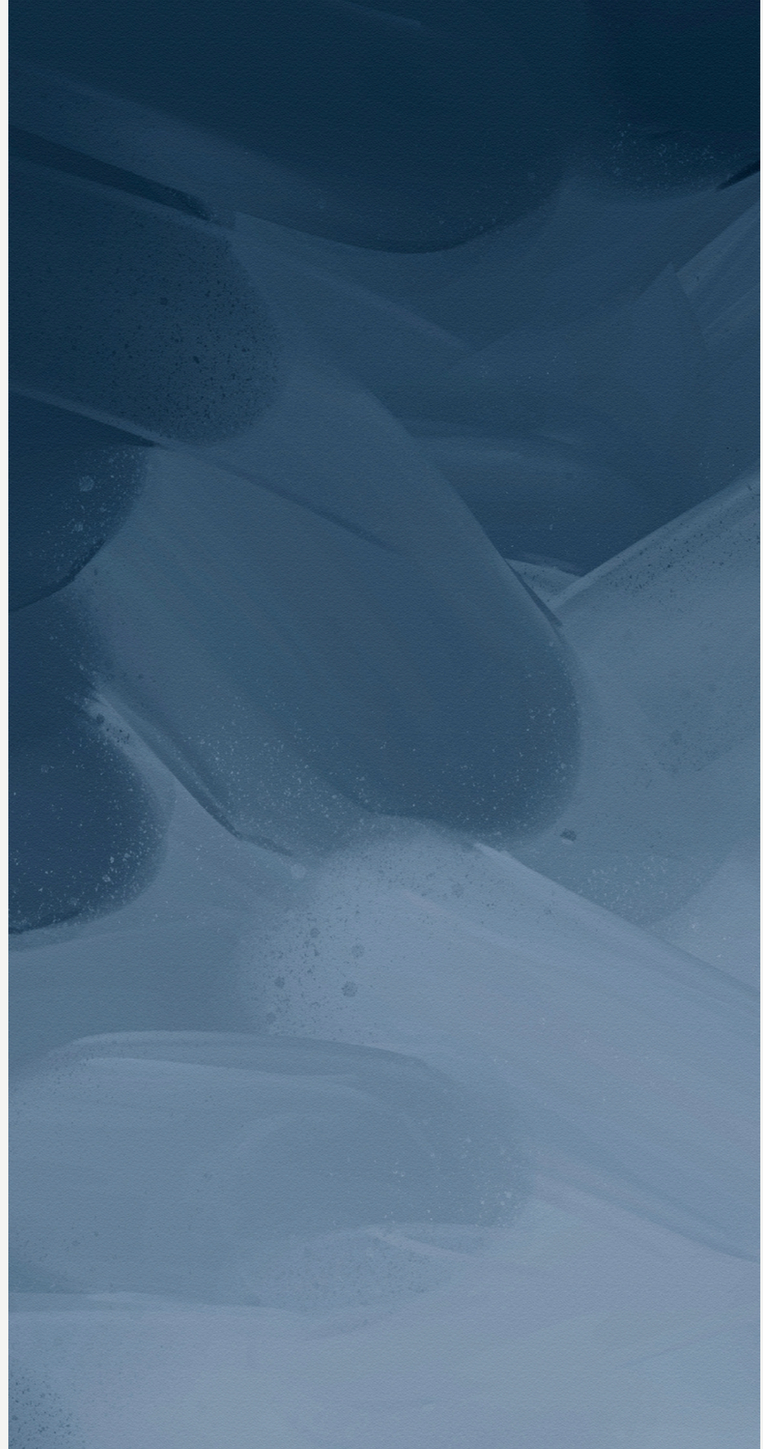
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# MODERN LOVE

Modern Love, a popular Amazon anthology series based on the New York Times column, explores love in all its forms. Each episode tells a different story with unique characters.

In episode three, Anne Hathaway stars as Lexi, a brilliant attorney with bipolar disorder who hides her diagnosis from others. The episode is inspired by author Terri Cheney's Modern Love column and memoir.





# BIPOLAR DISORDER

Bipolar disorder is a mental health condition characterized by episodes of depression and mania (or hypomania).

These mood episodes can last for days, weeks, or even months and can significantly impact a person's ability to function at work, school, or in their personal relationships.

# AS YOU WATCH THE EPISODE

- Bipolar: What signs and symptoms Bipolar does Lexi exhibit?
- How is Lexi’s disordered behavior stigmatized by others?
- What treatments or interventions does Lexi receive?
- How accurately does the movie portray Bipolar? Are there any aspects of Lexi’s experience that may be dramatized or fictionalized?
- Personal Reflection:
  - 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?

# MODERN LOVE

- Use your Mental Health Reference Guide to help you identify behaviors consistent with Bipolar that are portrayed in the movie.
- Complete the provided worksheet.
- Turn in your physical worksheets when they are complete.

