



SYMPTOMS OF BIPOLAR DISORDER

The symptoms for the depressive episodes that are a part of bipolar disorder are the same as those outlined above for major depression. The signs and symptoms of **MANIA**, the other end of the "mood swing," include distinct periods of:

- Increased energy, activity, restlessness, racing thoughts, and rapid talking
- Excessive "high" or euphoric feelings
- Sustained periods of unusual, even bizarre behavior, often with significant risk-taking
- Extreme irritability and distractibility
- Decreased need for sleep
- Unrealistic beliefs in one's abilities and powers
- Uncharacteristically poor judgment
- Abuse of drugs, particularly cocaine, alcohol, and sleeping medications
- Provocative, intrusive, or aggressive behavior
- Denial that anything is wrong