

Mania and Depression

These are some of the symptoms of bipolar disorder. Not everyone has the same ones. Check off the symptoms you have. Talk with your doctor about your symptoms at each visit.

Bipolar–Mania (High)

- Have more energy
- Need less sleep
- Cannot think about one thing very long
- Talk more – cannot stop talking
- Feel more sure of yourself
- Think a lot is getting done - but is not
- Do risky things even if something bad may happen

Bipolar–Depression (Low)

- Feel sad or down
- Do not care about things you liked before
- Eat more or eat less
- Feel tired
- Feel jumpy
- Cannot think or make up your mind
- Feel like you are bad or not worth much
- Sleep too much or too little
- Think about dying or killing yourself

You may have periods of mania and depression during your life. But with treatment, your symptoms may be managed. It is important to keep taking your medicine even if you feel better.