



# BI

# POLAR

Everyone experiences mood changes, like from feeling happy to sad, depending on life circumstances. However, people with Bipolar Disorder experience severe highs and lows that are more drastic than typical mood changes.

**Manic symptoms vary in severity and may include:**

- **Feeling markedly happy and optimistic OR very irritable**
- **Unrealistic, splendid thoughts about your power or abilities**
- **Having high energy levels despite getting minimal sleep**
- **Such rapid speech that it is difficult for others to follow a conversation**
- **Quickly jumping from one idea or multiple ideas to another**
- **Inability to concentrate and very distractible**
- **Acting impulsive or behaving recklessly without considering consequences, such as inappropriate sexual activity or excessive overspending**
- **In severe cases, delusions and hallucinations**

What kinds of treatments are used for Bipolar?

Medication plays an important role in managing symptoms of Bipolar Disorder. Most often, medications are continued on a long-term basis and require close monitoring by a psychiatric specialist.

There are different types of Bipolar Disorders:

Bipolar I Disorder (Mania and Possible Depression)

Bipolar II Disorder (Hypomania and Major Depression)

Cyclothymia (Hypomania and Mild Depression)

**Depressive symptoms in Bipolar Disorder are often similar to Major Depression and may include:**

- **Feeling sad and hopeless**
- **Feeling tired or lack of energy**
- **Appetite or weight fluctuations**
- **Sleep disturbance**
- **Concentration and memory issues**
- **Thoughts of death or suicide**

**Mixed Episodes in Bipolar Disorder often have Depression with agitation, irritability, insomnia, anxiety, racing thoughts, and distraction.**

