The symptoms of bipolar disorder may vary widely from person to person; they may also change from episode to episode. If you or someone you know is experiencing any of these symptoms, please consult a doctor for more information, diagnostic testing, and treatment options.

### DEPRESSION
- Feelings of hopelessness
- Loss of interest in work, school, hobbies, etc.
- Social isolation
- Agitation and irritability
- Poor concentration
- Low energy and lethargy
- Sad mood
- Changes in appetite or weight
- Oversleeping or insomnia
- Suicidal thoughts

### MANIA
- Elevated mood
- Extreme irritability
- Rapid, unpredictable emotional changes
- Racing thoughts
- Being very distractible
- Uncharacteristic risky behavior (overspending, reckless sex)
- Inflated self-esteem
- Increased activity levels
- Decreased need for sleep

For more on this topic, visit the Knowledge Center at [www.isbd.org](http://www.isbd.org).