



# Bipolar Disorder Symptoms

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).