

Identifying warning signs of bipolar symptoms

Managing Bipolar Disorder is most effective when you can spot the small shifts before they become big symptoms.

Common Mania & Hypomania Symptoms

Mania often feels like a surge in energy, intensity, or pressure. It may start with subtle changes in how you perceive the world.

My body	Needing less sleep but feeling rested	Sharper senses	Increased energy
My thoughts	Ideas flowing too quickly	Feeling especially powerful or 'high'	Becoming easily distracted
My actions	Talking more/faster	Spending money more freely	Starting many new projects

Common Depression Symptoms

Depressive episodes often begin with a feeling of being "slowed down" or losing interest in your typical life activities.

My body	Aches and pains	Change in appetite	Sleeping too much or struggling to stay asleep
My thoughts	Difficulty focusing	Ideas feeling "foggy" or slow	Increased worry or irritability
My actions	Withdrawing from friends	Less talkative	Avoiding responsibilities

Depression warning signs

Mania warning signs



How do your feelings change?



How do your thoughts change?



How do you behave differently?



Do you notice any other changes?

The Proactive Plan

Identifying the sign is the first step; responding is the second. When you notice these shifts, what is your initial response?

- Contact my provider to review my treatment plan
- Adjust my sleep hygiene (prioritizing 8 hours or limiting stimulation)
- Use my coping skills to ground my energy or lift my mood
- Reach out to my support person