

## Symptoms of Bipolar

According to the DSM IV, a medical reference commonly used by health care professionals to aid in diagnosis, the primary symptoms of bipolar disorder are dramatic and unpredictable mood swings between the elevated state referred to as “mania” and the depressed state. Mania symptoms may include

- Excessive happiness
- Excitement,
- Irritability
- Restlessness
- Increased energy
- Less need for sleep
- Racing thoughts
- High sex drive
- A tendency to make grand and unattainable plans.

Depression symptoms may include

- Sadness
- Anxiety
- Irritability
- Loss of energy
- Uncontrollable crying
- Change in appetite causing weight loss or gain
- Increased need for sleep
- Difficulty making decisions
- Thoughts of death or suicide.