

# Bipolar Disorder

## Symptoms

## Treatment



Medipsy

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Bipolar disorder causes unusual shifts in a person's mood, energy, and activity levels. This is different from the normal ups and downs that everyone goes through from time to time. Its symptoms can result in damaged relationships, poor work performance, and even suicide. People with bipolar disorder experience periods of changed mood called *Manic* and *Depressive* episodes.

### Symptoms of a Manic Episode

- A long period of feeling *high* or overly outgoing
- Extreme irritability, agitation or feeling *jumpy*
- Talking very fast, jumping from one idea to another, and having racing thoughts
- Being easily distracted
- Increasing goal-directed activities
- Having unrealistic beliefs in one's abilities
- Being restless
- Sleeping little

### Symptoms of a Depressive Episode

- A long period of feeling worried or empty
- Loss of interest in enjoyable activities
- Attempting or thinking of suicide
- Being restless or irritable
- Having problems concentrating, remembering, and making decisions
- Changing eating, sleeping, or other habits
- Feeling tired or *slowed down*

A person may be having an episode of bipolar disorder if he or she has a number of manic or depressive symptoms for most of the day, nearly every day, for at least one or two weeks. There are different types of bipolar disorder (Bipolar I, Bipolar II, Cyclothymia, etc.) based on the severity and duration of a person's symptoms.

Bipolar disorder can be treated, and people with this illness can lead full and productive lives. Proper treatment helps most people with bipolar disorder gain better control of their mood swings and related symptoms.

Medipsy staff are trained to assess your symptoms, your treatment preferences and your response to treatment. You and your mental health professional will collaborate to develop a treatment plan based on scientific evidence and tailored with your needs in mind.

