

BIPOLAR DISORDER: MY WARNING SIGNS

To effectively manage bipolar disorder, you will want to learn about your *warning signs*. These are the little clues that tip you off and tell you that a manic or depressive episode might be starting. If you're able to spot an oncoming episode before it takes over, you can prepare, seek help, and minimize any damage.

Depression Warning Signs:

How do your feelings change?

How do your thoughts change?

How do you behave differently?

Do you notice any other changes?

Mania Warning Signs: