

# Manic Depression

Manic Depression is a mental health condition. It causes mood swings. These swings are extreme. This means emotional highs and lows. The highs are known as mania or hypomania. Hypomania is less extreme than mania. The lows are known as depression.

When you become depressed, you may feel sad. You may feel hopeless. You might lose interest in most activities. You might lose joy in doing them. When your mood shifts to mania, you may feel euphoric. You may feel full of energy. You may feel confident. You may also feel irritable. These mood swings can affect sleep. They can affect energy and activity. They can also affect judgment and behavior. Lastly, they can affect the ability to think clearly.

## Symptoms - Type I and Type II

- **Type I disorder:** You've had at least one manic episode. It may be preceded or followed by hypomanic or major depressive episodes. In some cases, mania may trigger a break from reality. This is known as psychosis.
- **Type II disorder:** You've had at least one major depressive episode. You've had at least one hypomanic episode. But you've never had a manic episode.

*\*Note: Type II is not a milder disorder. It is a separate diagnosis.*

## Manic and a hypomanic episode include three or more of these symptoms:

- Abnormally upbeat, jumpy or wired
- Exaggerated sense of well-being and self-confidence (euphoria)
- Raised activity, energy or agitation
- Poor decision-making

## Major depressive episodes may show:

- Marked loss of interest or feeling no joy in activities
- Fatigue
- Significant weight loss, weight gain, or decrease or increase in appetite
- Decreased ability to think or concentrate, or indecisiveness
- Either insomnia or sleeping too much
- Thinking about, planning or attempting suicide

Suicidal thoughts and behavior are common among people with bipolar disorder. If you have thoughts of hurting yourself, call 911 or your local emergency number immediately. Or go to an ER. You can confide in a trusted relative or friend. Or call a suicide hotline number. In the U.S., call the National Suicide Prevention Lifeline. 1.800.273.TALK (1.800.273.8255).

You may enjoy the feelings of euphoria. Some people do. You may also enjoy cycles of being more productive. Some enjoy this as well. However, this euphoria does not last forever. It is always followed by an emotional crash. It can leave you depressed. It can leave you worn out. It can also lead to financial and legal trouble. It can lead to relationship trouble.