

Identification Guide for Bipolar Disorder

What is Bipolar Disorder?

Also known as manic-depressive illness, bipolar disorder is serious mental health condition that causes extreme shifts in a person's mood and energy level. The symptoms of bipolar disorder are severe and should not be confused with the "ups and downs" of everyday life. Bipolar disorder can damage relationships, create poor job or school performance, and even provoke suicide. While bipolar is a serious disorder, it can be treated effectively,

Recognizing Bipolar Disorder

Bipolar disorder causes extreme changes in mood, from euphoric feelings to hopelessness, and back again, sometimes with periods of normal mood in between. Changes in behavior go along with these changes in mood. The high and low periods of bipolar disorder are called episodes of mania and depression.

Some signs and symptoms of mania (or a manic episode) include:

- * Increased energy, activity, and restlessness
- * Excessively "high," overly good, euphoric mood
- * Extreme irritability
- * Racing thoughts and talking very fast, jumping from one idea to another
- * Distractibility
- * Little sleep needed
- * Unrealistic beliefs in one's abilities and powers
- * Poor judgment
- * Spending sprees
- * Increased sexual drive
- * Abuse of drugs/alcohol

Signs and symptoms of depression (or a depressive episode) include:

- * Lasting sad, anxious, or empty mood
- * Feelings of hopelessness or pessimism
- * Loss of interest or pleasure in activities once enjoyed
- * Decreased energy
- * Difficulty concentrating,
- * Restlessness or irritability
- * Sleeping too much, or can't sleep
- * Change in appetite
- * Thoughts of death or suicide, or suicide attempts

Disclaimer - This assessment is not intended to diagnose or treat any medical or emotional condition. It is advised that you consult a physician with any concerns regarding this questionnaire.

Bipolar Disorder Identification Guidelines

Do you go back and forth between feeling up and down?

Do your ups and downs cause problems at home or at work?

Do you sometimes engage in shopping sprees you can't really afford?

Do you have problems focussing on things for long periods of time?

Do you have unusual or irregular sleeping habits?

Does your weight fluctuate a lot?

Do your friends think you are too dramatic, or that you overreact?

If the answer is yes to one or more of the questions above, please contact a mental health professional. Bipolar disorder is treatable with the right interventions.



Life doesn't have to be an emotional roller-coaster. If you or someone you know might be suffering from a bipolar disorder, take the first step towards a better life.

Call us. We can help!

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