

Understanding Bipolar Episodes: Mania vs. Depression

Whole-Person Psychiatry at GloFusion – Griffin, GA

The Manic Episode: Elevated, But Risky

-  Intense energy or euphoria
-  Fast speech or racing thoughts
-  Risky spending or impulsive behavior
-  Decreased sleep without fatigue

The Depressive Episode

- Heavy and Debilitating**

-  Low mood or persistent sadness
-  Fatigue or excessive sleeping

Mixed Episodes and Rapid Cycling

-  Racing thoughts + hopelessness
-  Irritability and agitation with depression
-  Mood changes multiple times in a week/month

Managing Through the Cycle

-  Keep a mood chart for daily tracking
-  Stay consistent with medications – even during ‘good’ times
-  Use therapy to identify triggers and emotional

Whole-Person Psychiatry at GloFusion – Griffin, GA

Depression And Mania

CO Houle



Depression And Mania:

Decoding **Depression And Mania**: Revealing the Captivating Potential of Verbal Expression

In a time characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its power to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Depression And Mania**," a mesmerizing literary creation penned by a celebrated wordsmith, readers attempt an enlightening odyssey, unraveling the intricate significance of language and its enduring effect on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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