

BIPOLAR DISORDER

SYMPTOMS DEPRESSION



feelings of sadness
or hopelessness



loss of interest in
pleasurable activities



negative thoughts
about the future



loss of energy



insomnia or sleeping
too much



talk of suicide
or death

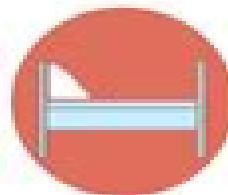
SYMPTOMS OF MANIA



poor appetite,
weight loss



poor concentration,
easily distracted



sleeping little



racing speech,
impulsiveness



heightened sense
of self-importance



jumping from one
idea to another



Proven Methods To Deal With Crazy Bipolar Behavior

JR Anderson



Proven Methods To Deal With Crazy Bipolar Behavior:

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