

## What are the symptoms?

### Symptoms of depression

- Depressed mood
- Diminished interest/pleasure in activities
- Significant change in appetite or weight
- Sleep disturbances
- Restlessness or sluggishness
- Fatigue or loss of energy
- Unexplained aches or pains
- Lack of concentration or indecision
- Feelings of worthlessness; guilt
- Thoughts of death or suicide

### Symptoms of anxiety

- Excessive anxiety and worry about a number of events or activities
- Difficult to control the worry
- Restlessness or feeling on edge
- Easily fatigued
- Difficulty focusing/mind going blank
- Irritability
- Muscle tension
- Sleep disturbance

### Symptoms of mania

- Euphoria or irritability
- Excessive talk; racing thoughts
- Inflated self-esteem
- Unusual energy; less need for sleep
- Impulsiveness, a reckless pursuit of gratification -- shopping sprees, impetuous travel, more and sometimes promiscuous sex, high-risk business investments, fast driving
- Hallucinations and or delusions (in cases of bipolar disorder with psychotic features)

Bipolar = mania +depression