

My Warning Signs

Warning signs are an effective tool for the management of bipolar disorder. These are the clues that tip you off and tell you a manic or depressive episode might be developing. If you're able to spot an oncoming episode before it takes over, you can prepare, seek help, and minimize any damage.

Depression Warning Signs

Mania Warning Signs

♥ How do your feelings change?

🧠 How do your thoughts change?

🚶 How do you behave differently?

❓ Do you notice any other changes?