

## **Symptoms of Depression**

- Prolonged sadness or unexplained crying spells
- Significant changes in appetite and sleep patterns
- Worry, anxiety
- Irritability, agitation, anger
- Pessimism, indifference
- Loss of energy, persistent lethargy
- Unexplained aches and pains
- Feelings of guilt, worthlessness and/or hopelessness
- Inability to concentrate, indecisiveness
- Inability to take pleasure in former interests, social withdrawal
- Excessive consumption of alcohol or use of chemical substances
- Recurring thoughts of death or suicide

## **Symptoms of Mania**

- Increased physical and mental activity and energy
- Heightened mood, exaggerated optimism and self-confidence
- Excessive irritability, aggressive behavior
- Decreased need for sleep without becoming tired
- Grandiose delusions, inflated sense of self-importance
- Racing speech, racing thoughts, "flight of ideas"
- Impulsiveness, poor judgment, distractibility
- Reckless behavior such as spending sprees, rash business decisions, erratic driving and sexual indiscretions
- In the most severe cases, delusions and hallucinations