

# Bipolar Disorder Warning Signs

To effectively manage bipolar disorder, you will want to learn about your *warning signs*. These are the little clues that tip you off and tell you that a manic or depressive episode might be starting. 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?