

# humantold

## Common Symptoms of Mania (Recognizing Early Signs)

This activity can help you identify the different levels of symptoms you may run into. It is sometimes easier to recognize these when they are severe, but building skills to recognize the subtle changes as early as possible allow you more flexibility to take action and mobilize support. *Remember these symptoms are only significant when they are **outside your normal limits**.*

These are common symptoms, but if you experience some of these it may not mean you have a mood disorder. Please utilize a mental health professional to help you evaluate your symptoms if you are unsure.

Circle or highlight the ones that you have experienced.

Mild Form of symptom	Moderate form of symptom	Severe form of symptom
Everything seems like a hassle; impatience or anxiety	<i>More easily angered</i>	<b>Irritability</b>
Happier than usual, positive outlook	<i>Increased laughter and joking</i>	<b>Euphoric mood; on top of the world</b>
More talkative, better sense of humor	<i>In the mood to socialize and talk with others</i>	<b>Pressured or rapid speech</b>
More thoughts; mentally sharp, quick; lose focus	<i>Disorganized thinking, poor concentration</i>	<b>Racing thoughts</b>
More self-confident than usual, less pessimistic	<i>Feeling smart, not afraid to try, overly optimistic</i>	<b>Grandiosity - delusions of grandeur</b>
Creative ideas, new interests; change sounds good	<i>Plan to make changes; disorganized in actions, drinking or smoking more</i>	<b>Disorganized activity; starting more things than finishing</b>
Fidgety; nervous behaviors like nail biting	<i>Restless, preferring movement over sedentary</i>	<b>Psychomotor agitation; cannot sit still</b>

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## *activities*

Not as effective at work, having trouble keeping mind on tasks

*Not completing tasks, late for work, annoying others*

**Cannot complete usual work or home activities**

Uncomfortable with other people

*Suspicious*

**Paranoia**

More sexually interested

*Sexual dreams, seeking out or noticing sexual stimulation*

**Increased sex drive, seek out sexual activity, more promiscuous**

Notice sounds and annoying people, lose train of thought

*Noises seem louder, colors seem brighter, mind wanders easily; need quieter environment to focus thoughts*

**Distractibility - have to work hard to focus thoughts or cannot focus thoughts at all**

Other: