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.

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| **Depression Warning Signs** | **Mania Warning Signs** |
| C:\Users\Woody\Desktop\png\like78.png How do your *feelings* change? | |
|  |  |
| C:\Users\Woody\Desktop\png\dream.png How do your *thoughts* change? | |
|  |  |
| C:\Users\Woody\Desktop\png\jump2.png How do you *behave* differently? | |
|  |  |
| C:\Users\Woody\Desktop\png\question55.png Do you notice any other changes? | |
|  |  |