

Symptoms of Mania

- Elevated mood
- Euphoria
- Hyperactivity
- Excitement
- Overconfidence
- Grandiosity
- Extravagance
- Spending sprees
- Recklessness
- Delusions of grandeur
- Talking a lot
- Rapid speech
- Rapid movements
- Reduced need for sleep
- Increased appetite
- Excessive exercising
- Increased libido
- Increased use of alcohol
- Distractedness
- Aggression
- Excessive laughter
- Anger

Other ways of looking at mania

- I need less sleep
- I feel more energetic and more active
- I am more self-confident
- I enjoy my work more
- I am more sociable (make more phone calls, go out more)
- I want to travel and/or do travel more
- I tend to drive faster or take more risks when driving
- I spend more money/too much money
- I take more risks in my daily life (in my work and/or other activities)
- I am physically more active (sport etc.)
- I plan more activities or projects.
- I have more ideas, I am more creative
- I am less shy or inhibited
- I wear more colourful and more extravagant clothes/make-up
- I want to meet or actually do meet more people
- I am more interested in sex, and/or have increased sexual desire
- I am more flirtatious and/or am more sexually active
- I talk more
- I think faster
- I make more jokes or puns when I am talking
- I am more easily distracted
- I engage in lots of new things
- My thoughts jump from topic to topic
- I do things more quickly and/or more easily
- I am more impatient and/or get irritable more easily
- I can be exhausting or irritating for others
- I get into more quarrels
- My mood is higher, more optimistic
- I drink more coffee
- I smoke more cigarettes
- I drink more alcohol
- I take more drugs (sedatives, anti-anxiety pills, stimulants)