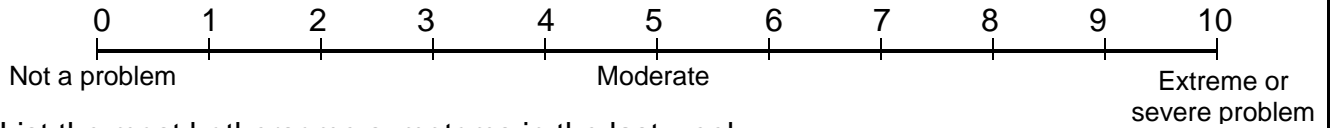


Symptom and Side Effect Sheet

# Mania\*

Circle that number that best describes how much a problem your symptoms were:



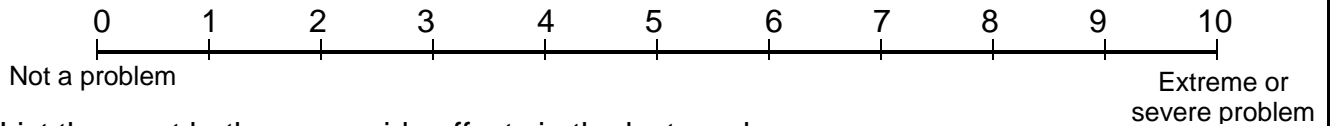
List the most bothersome symptoms in the last week:

- 
- 
- 

Things I did for me: \_\_\_\_\_

\_\_\_\_\_

Circle that number that best describes how much a problem your side effects were:



List the most bothersome side effects in the last week:

- 
- 
- 

Things I did that helped: \_\_\_\_\_

\_\_\_\_\_

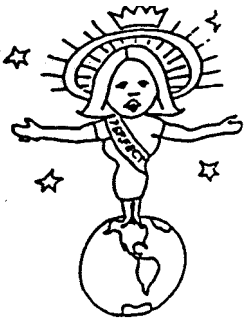
List medications that you are currently taking:

- 1.
- 2.
- 3.
- 4.

About how long have you been taking each medication?      Weeks      Months      Years

\*For Bipolar Disorder, also refer to Depression sheet

# SYMPTOMS



Inflated self-esteem or grandiosity



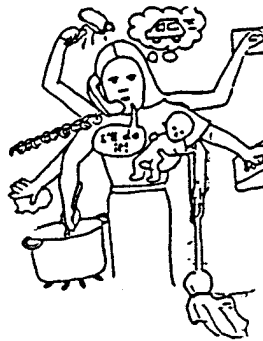
Decreased need for sleep yet increased energy



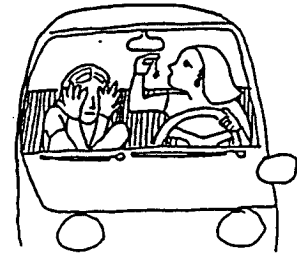
More talkative than usual or pressured speech



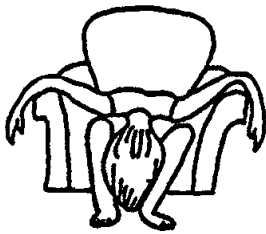
Flight of ideas or racing thoughts



Increase in goal-directed activity



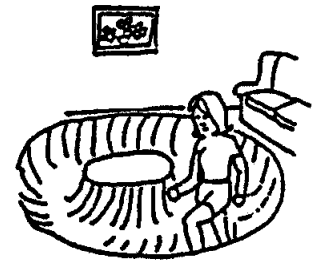
Easily distracted by unimportant external stimuli



Depressive episodes and symptoms replace manic episodes



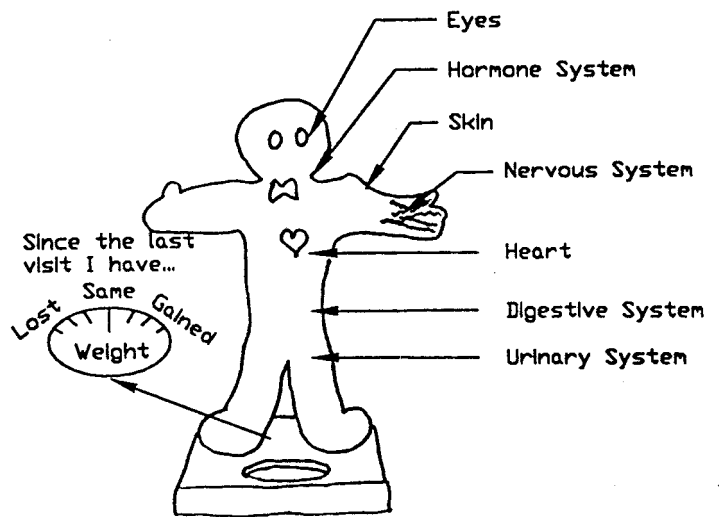
Excessive engagement in pleasurable but potentially harmful activities



Physical restlessness or agitation

Medications can cause side effects in many parts of the body. Some may go away in time, others can be treated by your doctor.

Ask your doctor about side effects that need to be reported immediately!



Illegal drugs and alcohol may increase the side effects of medications or keep them from working.

