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Mania: What Is It, Causes, Triggers, Symptoms & Treatment

Mania is a condition in which you have a period of abnormally elevated, extreme changes in your mood or emotions, energy level or activity level. This highly energized level of physical and mental activity and behavior must be a change from your usual self and be noticeable by others.

Mania - Wikipedia

As the mania intensifies, irritability can be more pronounced and result in anxiety or anger. The symptoms of mania include elevated mood (either euphoric or irritable), flight of ideas, pressure of speech, increased energy, decreased "need" and desire for sleep, and hyperactivity.

Bipolar disorder - Symptoms and causes - Mayo Clinic

When your mood shifts to mania or hypomania, you may feel very excited and happy (euphoric), full of energy or unusually irritable. These mood swings can affect sleep, energy, activity, judgment, behavior and the ability to think clearly.

Definition and Meaning of Mania - Verywell Health

Mania is a state of extreme mood changes, including euphoria or irritability. People who have manic episodes may talk fast, need less sleep, and engage in risky behaviors like spending sprees. Mania can be caused by bipolar disorder, as well as substance use and other health issues.

Mania: Symptoms, diagnosis, treatments, and more - Medical News Today

In this article, we look at symptoms, causes, and diagnoses of mania, as well as treatment options and tools for living with the condition

What Is Mania, and What Does It Mean to Have a Manic Episode ... - NAMI

The terms "mania" and "manic episode" describe a state of mind characterized by high energy, excitement, and euphoria over a sustained period of time. It's an extreme change in mood and cognition that can interfere with school, work, or home life. Mania is also the main feature of bipolar disorder.

Coping with Mania: Tips, Recovery, and Prevention -

Healthline

Manic episodes are a feature of bipolar I disorder. People with bipolar II disorder typically experience hypomania, a less severe episode. Read on to learn about mania and ways to help manage...

Mania | Psychology Today

Mania is a state of elevated energy, mood, and behavior, most often seen in those with bipolar disorder, schizoaffective disorder, or who have taken certain drugs or medications.

Mania - Causes, Symptoms, Diagnosis, and Treatment

Mania is a state of abnormally elevated or irritable mood, arousal, and energy levels. It is often associated with bipolar disorder, a mental health condition that involves extreme mood swings, including episodes of mania and depression.

Everything You Need To Know About Mania - Health

Mania is characterized by high energy, fast talking, lack of sleep, and risky behaviors. It's most common in people with bipolar disorder.