

## Depression Signs and Symptoms

## **Mood Changes**

### **Moody-mask Rings Changing**

Patients have mood swings, going from episodes of mania to depression. From mania, feelings of hopelessness, worthlessness and despair can arise. Often, their mood and functioning usually returns to normal between episodes of mania and depression.

## **Sad Affect**

### **Sad Face**

Just like they can develop mania, patients can also develop depressive episodes. Patients display sadness, crying, and a sense of worthlessness.

## **Psychomotor Retardation**

### **Brain-motor and Read-tarred book**

Furthermore, patients in the depressive phase of bipolar disorder have physical symptoms. They show psychomotor retardation that is manifested as loss of energy, slow movements, and sleep problems.

## **Suicidal Thoughts**

### **Suicidal-jumper Thoughts**

This depressive phase of bipolar disorder can lead to suicidal thoughts in patients. Caregivers should be aware of bipolar patients, and if they are feeling suicidal during a depressive stage.