



# MOOD DISORDERS

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**MOOD  
DISORDERS**

**BIPOLAR  
DISORDER**

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## WHAT ARE MOOD SWINGS?

Shifts from mood or emotion to another or what is known as “mood swings” is a common experience. Mood swings that are intense and that occur over prolonged durations of time, however, might be indicative of pathology.

## WHAT ARE BIPOLAR DISORDERS?

Bipolar disorders are characterized by a drastic shift in emotions, mood, and energy levels from extreme lows (depression) to extreme highs (hypomania and mania). These shifts don't happen from moment to moment but over prolonged periods of time (between days and weeks).

The extreme low phase lasting days to months is characterized by loss of energy and focus, feelings of hopelessness, a change in sleep patterns, change of eating habits, and/or feelings of guilt and worthlessness.. The extreme high phase is usually less enduring than the depressed phase and is characterized by excessive energy and euphoria (extreme happiness), feelings of grandiosity, and poor decision making (impulsivity). Decreased sleep is a common symptom where the person in a manic episode can sometimes go days without sleep. This phase has different levels of severity and psychosis can also occur.

## WHAT HAPPENS IF LEFT UNTREATED?

Bipolar disorder typically first appears in teenage years and young adulthood. A manic (extreme high) or depressive (extreme low) episode may require hospitalization due to the harm the individual might pose to themselves. Treatment is important to improve daily functioning and consists of psychiatric medications. Psychotherapy is a useful additional treatment to medication.

Major Depressive Disorder (Depression)



# **MOOD DISORDERS**

# **MAJOR DEPRESSIVE DISORDER (DEPRESSION)**

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# MOOD DISORDERS

# PRE- MENSTRUAL DYSPHORIC DISORDER

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## **WHAT IS PREMENSTRUAL SYNDROME (PMS) AND PREMENSTRUAL DYSPHORIC DISORDER (PMDD)?**

Premenstrual Syndrome (or PMS) is characterized by mood swings, upset feelings, anxiety or irritability, tiredness, trouble sleeping, bloating, tummy pain, breast tenderness, headaches, spotty skin, greasy hair, and/or changes in appetite and sex drive that occur a week or two prior to a woman's menses. About 75%- 85% of women experience some degree of PMS symptoms.

Premenstrual Dysphoric Disorder (PMDD), however, is an intense extension of PMS symptoms that might severely impede a woman's day-to-day functioning. Both PMDD and PMS are a group of physical and emotional symptoms felt by females 7 to 10 days prior to their periods that start to improve a few days after the onset of menses and wear off or become minimal after the end of menses.

## **WHAT ARE ADDITIONAL SYMPTOMS OF PMDD?**

PMDD is essentially an amplified experience of PMS symptoms such that a depressed mood can manifest as extreme despair and anxiety as panic attacks. Symptoms can also lead to a lack of interest in daily activities and significant distress that interferes with work, school, usual social activities, or relationships with others.

## **WHAT HAPPENS IF LEFT UNTREATED?**

PMDD can be managed with antidepressant medication and/or birth control pills to prevent the worsening of symptoms and mitigate the debilitating effects that the symptoms of PMDD can have on day-to-day functioning and overall well-being.



## **WHAT IS THE DIFFERENCE BETWEEN SADNESS AND DEPRESSION?**

Sadness is a temporary feeling that is triggered by the occurrence of a certain event and is resolved after a defined amount of time. On the other hand, depression is a state that lasts a longer period of time. Feelings of sadness experienced during depression may not be directly related to a single event. Depression is not just feeling sad, and every sad person is not depressed.

## **WHAT IS DEPRESSION?**

Depression is a mood disorder characterized by feelings of sadness, emptiness most of the day and almost every day for at least two weeks. One of the most prominent symptoms of depression is a loss of interest or pleasure in activities that the individual previously enjoyed.

Other symptoms include unintentional weight gain or loss, trouble concentrating, feelings of worthlessness, body pains, sleep disturbances, and frequent or recurrent thoughts of death.

## **WHAT HAPPENS IF LEFT UNTREATED?**

Depression is treated with a combination of medications and psychotherapy. If left untreated, it can have serious effects on a person's health, ability to function and accomplish daily tasks, and social relationships. Depression can also be a risk factor not only for physical complications like heart problems, but also death by suicide.