

DAILY WARNING SIGNS CHART

Warning Signs	Mon	Tue	Wed	Thur	Fri	Sat	Sun
Insomnia							
Restlessness							
Hyperactivity							
Obsessiveness							
Irritability							
Tingly Feeling							
Disorganization							
Poor Judgment							
Loss of Appetite							
Thrill Seeking							
Overspending							
Pressured Speech							
Racing Thoughts							

If you find yourself experiencing the above signs of mania that are rather intense for one day or milder over a period of several days, take action.