

The Hypomanic Edge Free

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Hypomania (literally "under mania" or "less than mania") is a mood state characterized by persistent disinhibition and mood elevation (), with behavior that is noticeably different from the person's typical behavior when in a non-depressed state. It may involve irritability, not necessarily less severe than full mania; in fact, the presence of marked irritability is a documented feature of ...

Hypomania - Wikipedia

Cyclothymia symptoms alternate between emotional highs and lows. The highs of cyclothymia include symptoms of an elevated mood (hypomanic symptoms). The lows consist of mild or moderate depressive symptoms. Cyclothymia symptoms are similar to those of bipolar I or II disorder, but they're less severe.

Cyclothymia (cyclothymic disorder) - Symptoms and causes ...

One of the criteria for diagnosing a manic or hypomanic episode of bipolar disorder is what we call an expansive mood. Individuals with an expansive mood may behave brashly or lavishly, assume a superior or grandiose attitude, or dress and act flamboyantly.

Expansive Mood as a Manic Symptom in Bipolar Disorder

Irritable mood is among the primary diagnostic criteria for mania and hypomania, and there's growing understanding that anger and irritability can be hallmarks of depression as well.. Left unchecked, irritability and its downstream cousins, anger and rage, can have dramatic and devastating effects. Family life and friendships suffer.

Bipolar & Anger: Getting Control of Irritability and ...

This is a timeline documenting the events of heavy metal in the year 2010.

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