Common Triggers of Bipolar Mood Episodes

Monitoring your moods and behavioral patterns can help you understand and identify your unique triggers to better manage your well-being.



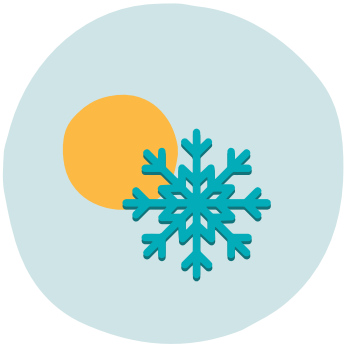
Major adverse life events



Stressful situations



Sleep disturbances



Climate and weather changes



Substance use



Hormonal changes



Co-occurring medical conditions



Nutrient deficiencies