

# Signs That a Manic Episode Is Ending



Slowed or decreased speech



Calmer demeanor



Improved quality of sleep



Increased concentration



Higher need to pause and rest



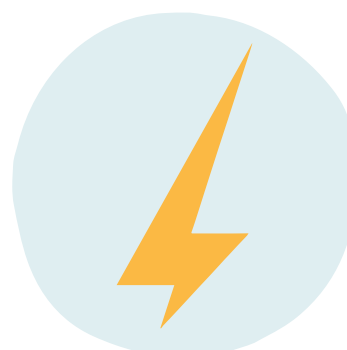
Lower sense of general urgency



Reduced tendency to engage in potentially unsafe behaviors



Decreased irritability



Improved impulse control