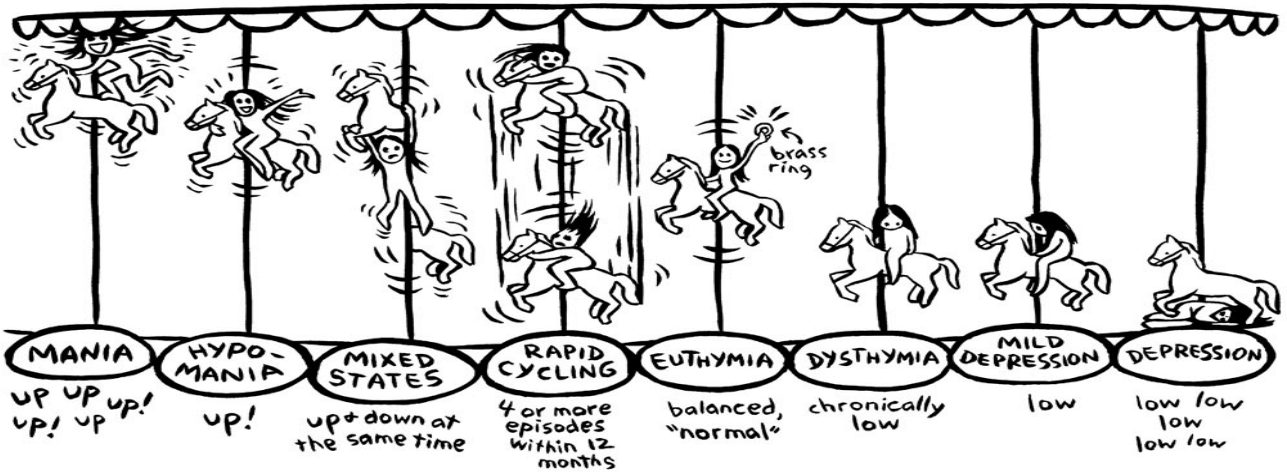


What is a  
**"MOOD DISORDER"** anyway?

BASICALLY, IT'S A CONDITION WHERE EMOTIONS ARE DERAILED FOR AN EXTENDED PERIOD OF TIME. THE MAIN TYPES ARE:

- ★ **BIPOLAR I:** ALTERNATING MANIC + DEPRESSIVE EPISODES ← (that's me)
- ★ **BIPOLAR II:** ALTERNATING HYPOMANIC + DEPRESSIVE EPISODES  
↳ "HYPOMANIA" = MILD MANIA
- ★ **CYCLOTHYmia:** ALTERNATING HYPOMANIC + MILD DEPRESSIVE EPISODES
- ★ **UNIPOLAR DEPRESSION:** SINGLE OR RECURRENT EPISODES WITH NO MANIA
- ★ **DYSTHYMIA:** CHRONIC, LOW-GRADE DEPRESSION

... WHICH REFER TO THESE MOOD STATES:



NOTE: "BIPOLAR DISORDER" + "MANIC DEPRESSION" ARE THE SAME THING.