CLÍNICA VIVALDI · FREE SHEET · BIPOLAR AND RELATED

Cyclothymic disorder

For at least two years, frequent oscillations between hypomanic and mild depressive symptoms, without reaching full episodes.

COMMON SIGNS

- Frequent ups and downs in mood
- Spells of euphoria and of feeling low
- Feeling unstable

TIPS FOR YOU

1. Track your mood to spot patterns
2. Keep sleep and activity routines
3. Get help to prevent bigger episodes

FOR FAMILY AND FRIENDS

1. Help keep routines stable
2. Try not to take mood changes personally

WHEN TO ASK FOR HELP

1. If the ups and downs get stronger
2. If thoughts of death appear: 024

TO OBSERVE AND NOTE DOWN

☐ My mood goes up and down often

☐ I go from very active spells to low spells

☐ The changes last days and keep coming back

☐ It's hard for me to know how I'll be next week

☐ Others tell me I'm very changeable

☐ The ups and downs affect me at work or in my relationship

☐ I have been like this for at least two years

☐ I'm rarely stable for more than two months

FREE RESOURCES

- Online test and tips: clinicavivaldi.com/en/trastorno/trastorno-ciclotimico
- Fundación Mundo Bipolar (Spanish bipolar disorder foundation): https://www.mundobipolar.org/
- In Spain: 024 suicide crisis line (24 h) · Emergencies 112