

Mania Triggers

Psychosocial Events

Some generally negative or difficult events	Some generally positive or events not usually thought to be stressful
Divorce	Moving
Death of a loved one	Job promotion
Job loss	Vacations
Financial stress	Holidays
Forced job change or new work assignment	Retirement
Traumatic event	Desired visits from family or friends
Anniversary date for traumatic event	Getting married
Unwanted visits from family or friends	Having a baby
Child leaving home abruptly	Young adult leaving home as a result of their next developmental stage

Physical or biological factors

Drugs of abuse

- Alcohol
- Cocaine
- Hallucinogens
- Caffeine
- Withdrawal from sedatives or alcohol
- Changes in nicotine use

Neurological conditions

- Dementia
- Head trauma
- Delirium
- Stroke
- Multiple sclerosis

Other medical or physical conditions

- Hormonal imbalances
- Infections
- Sleep loss
- Menstrual cycle
- Seasonal changes

Prescribed Medications

- Antidepressants
- Decongestants
- Inhalers for asthma
- Stimulants
- Levodopa (Parkinson's disease)
- Corticosteroids
- Anabolic steroids
- Disulfiram (Antabuse)

Personal List of Triggers for Mania

Looking at the above-mentioned triggers, score your own personal triggers.

3 = Always a trigger

2 = Sometimes a trigger

1 = Many have triggered me one time, not sure

0 = Never a trigger

Number	Psychosocial Triggers	Description of events or changes
	"Bad" life events	
	"Good " life events	
	Other stressors	
	Other personal or social factors	
	Physical or biological triggers	Description of events or changes
	Change in medication	Which?
	Alcohol or drug use or discontinuation	Which?
	Physical illness	What?
	Cyclic changes	What?
	Changes in daily routine	What?
	Other physical or biological Factors	