

What Does Mania Feel Like?

Mania is an unusually intense mental and physical state

- Energy that feels unstoppable — you may need far less sleep and still feel wired.
- Racing thoughts, rapid speech, and jumping quickly between ideas.
- An inflated sense of ability, confidence, or special insight.
- Impulsivity: spending, risky sex, reckless driving, or sudden big decisions.
- Irritability or agitation that can flare when others question your plans.

Hypomania is a milder version

- It feels productive or even euphoric at first, but it can still damage relationships, money, or safety.
- Hypomania does not include psychosis or require hospitalization; mania may.

Why it matters for safety

- Mania can make risky ideas feel brilliant, including self-harm or suicidal impulses.
- A sudden lift in mood after deep depression can also be a high-risk period.

What to do next

- Track your sleep, energy, and spending for one week — patterns reveal mania faster than single moments.
- Tell a trusted person what you notice and ask them to flag changes.
- See a psychiatrist or therapist for an evaluation; bipolar disorder is treatable, and mood stabilizers help many people.
- If thoughts turn toward hurting yourself, call or text 988 immediately.

**If you are in
danger right
now**

Call or text **988** for the Suicide & Crisis Lifeline. If there is immediate danger, call **911** or go to the nearest emergency room.

This guide is educational information only. It is not medical, psychiatric, or crisis advice. If you are thinking about hurting yourself, contact 988 or 911 now.