

People all have certain "triggers" that may cause them to feel more manic or more depressed, such as an argument with a loved one, an unexpected bill or a major life event such as moving or changing jobs. Other illnesses or lack of sleep can also cause moods to change.

Outside factors can also have positive effects. For example, rekindling an old friendship or finishing a large project can help you feel happy or stable. Regular exercise or healthy eating can help your moods become more even.

OUTSIDE INFLUENCE	POSITIVE (+) OR NEGATIVE (-)	RESULT	WHAT CAN I DO?
Took a walk	+	Felt more calm	Take a walk every day
Argument with friend	-	Get angry, feel worthless	Work with supportive people on ways to resolve conflict and not take things personally.