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Implications of Mania in an Individual's Life and in Their Social and Family Context

Implications of Mania in an Individual's Life and in Their Social and Family Context

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Summary

Experiencing mania in the context of Bipolar Disorder has profound repercussions on the individual's personal trajectory and interpersonal relationships. During this episode, the intensification of mood, associated with accelerated thinking and speech, impulsivity, and loss of critical thinking, significantly impacts the organization of daily life. The objective of this study was to analyze the implications of mania on the individual's life and their social and family context. A literature review methodology was adopted, based on scientific articles, diagnostic manuals, and clinical studies published in the main databases in the field of mental health. It was concluded that, in addition to the symptoms themselves, the consequences of mania extend to family and community ties, often leading to ruptures, estrangement, and experiences of exclusion. When experiencing the manic phase, the individual may act in ways that contradict social norms and compromise their personal and professional credibility.

Keywords: Bipolar Affective Disorder; Manic Episode; Mental Health.

Abstract

Experiencing mania in the context of Bipolar Disorder has profound repercussions on the individual's personal trajectory and interpersonal relationships. During this episode, the intensification of mood, associated with accelerated thinking and speech, impulsivity, and loss of critical thinking, significantly impacts the organization of daily life. The objective of this study was to analyze the implications of mania on the individual's life and their social and family context. A literature review methodology was adopted, based on scientific articles, diagnostic manuals, clinical studies published in the main databases in the field of mental health. It was concluded that, in addition to the symptoms themselves, the consequences of mania permeate family and community ties, often leading to ruptures, estrangement, and experiences of exclusion. When experiencing the manic phase, the individual may act in ways that contradict social norms and compromise their personal and professional credibility.

Keywords: Bipolar Affective Disorder; Manic Episode; Mental Health.

INTRODUCTION

Experiencing mania in the context of Bipolar Disorder leads to further complications.

profound insights into the individual's personal journey and interpersonal relationships. During this episode, the Mood escalation, associated with accelerated thinking and speech, impulsivity, and loss of focus. critical thinking has a significant impact on the organization of daily life (BARION; JESUS, 2024).

An individual's behavior can take on an uncontrolled dimension, marked by behaviors inconsistent with their usual pattern, which compromises their social image and affects directly affects the emotional bonds built throughout life. The distorted perception of reality and the A sense of invulnerability fuels reckless actions, ranging from financial investments. Impulsive behaviors, including indiscriminate emotional or sexual involvements, can expose the individual to risks. legal, social and physical (ALVES et al., 2024).

In family settings, manic episodes often represent moments of tension.

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Exhaustion and distress. Family members often feel disoriented in the face of these changes.

abrupt changes in behavior, oscillating between attempts to protect the patient and the feeling of helplessness in the face of their refusal to undergo treatment (CASSINELLI et al., 2022).

The overall goal of this research is to analyze the manifestation of mania in affective disorder. bipolar disorder, considering its characteristics, impacts, and available therapeutic approaches.

METHOD

The study used a literature review methodology, based on scientific sources. published in recent years in recognized databases such as SciELO, LILACS, PubMed and Google Scholar. The choice of this approach aims to gather, analyze, and synthesize existing knowledge. produced on the subject, contributing to the advancement of academic and clinical understanding of the Mania in bipolar affective disorder.

RESULTS

In the work or study environment, the difficulties are equally evident. The instability Emotional imbalances and disorganized energy make it difficult to maintain productivity and focus, generating... frequent absences, abandonment of projects, and damage to building a professional career. continuous (JAIN; MITRA, 2023).

The difficulty in dealing with criticism, the disregard for institutional rules, and the Hyperactivity can lead to disciplinary sanctions or even dismissal. In some cases, this Disorganization reaches such severe levels that returning to routine after the episode requires intervention. structured psychosocial rehabilitation.

Beyond the immediate effects, the post-manic phase is often marked by a hangover. Intense emotional response. The patient, upon regaining some awareness of their actions and realizing the damage... caused in your personal life, you may experience deep feelings of guilt, shame and Regret. These emotions, when not acknowledged and addressed therapeutically, contribute to... Relapses, depression, and self-exclusion behaviors. Therefore, follow-up after the crisis is... just as important as treatment during its manifestation (FIGUEIREDO et al., 2022).

DISCUSSION

Understanding the implications of mania from a broader perspective is fundamental to the clinical and psychosocial management of the disorder. It is necessary to consider the individual's attitudes during... This episode cannot be explained solely by personality traits, but rather by a clinical condition. which requires ongoing care, empathy and interdisciplinary strategies (SANTOS; GOMES; BARRETO, 2022).

Promoting educational campaigns, strengthening support networks, and creating



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Listening spaces are essential measures to reduce stigma, prevent emotional breakdowns, and to broaden the possibilities of social reintegration. When looking at the effects of mania in a way When contextualized, it is possible to build more humane and effective practices that respect individuality. of the individual and promote their recovery and autonomy process.

CONCLUSION

The implications of mania on the individual's social and family life also reinforce the The need for intersectoral actions that integrate health, education, social assistance, and culture in Development of public policies aimed at promoting mental health. The creation of spaces for Dialogue, coexistence, and the reconstruction of life projects are indispensable so that the individual does not... be reduced to the diagnosis, but recognized as someone in a constant process of care and transformation.

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