

Mood Swings Understand Your Emotional Highs And Lows



Mood Swings Understand Your Emotional

What causes mood swings during pregnancy? Mood changes during pregnancy can be caused by physical stresses, fatigue, changes in your metabolism, or by the hormones estrogen and progesterone. Significant changes in your hormone levels can affect your level of neurotransmitters, which are brain chemicals that regulate mood.

Mood Swings During Pregnancy: Causes and Treatment

Mood swings are a common symptom of menopause, making some women feel irritable, depressed, anxious, or inexplicably tearful. Many of these rapid mood changes are caused by shifting hormone levels.

Mood swings during menopause: Causes and treatments

How to Deal With His Random Mood Swings. If you're dealing with someone with mood swings on a regular basis, this can be frustrating. You may feel that you're walking on eggshells around someone whose mood is prone to sudden, dramatic...

4 Ways to Deal With His Random Mood Swings - wikiHow

Diabetes can cause drastic fluctuations in mood as well as blood sugar levels. These mood swings can have a marked effect on a person's relationships. This MNT Knowledge Center articles looks at ...

Diabetes and mood swings: Effects on relationships and ...

If your mood is low due to fluctuations in blood sugar - then eat more fat and protein. If your mood is low due to low base levels of serotonin - then eat more starch and a lot less protein.

Sugar Detox Mood Swings - PaleoHacks

Brain injury and emotions. A brain injury can change the way people feel or express emotions. An individual with TBI can have several types of emotional problems.

Emotional Problems After Traumatic Brain Injury | Model ...

Ever bounce from good mood to bad---maybe three or four times---even though nothing in the real world has changed? You have plenty of company, especially during the emotionally charged holiday season.

Ten Ways To Ease Painful Mood Swings Without Taking Pills

Have you ever observed unexplained crying, excessive lethargy, depression, anxiety etc. in your pet? If yes, then your pet could actually be suffering from mood swings. Shocked that even pets ...

How to deal with your pet's mood swings - Times of India

"Don't Let Your Emotions Run Your Life for Teens examines many areas that teenagers (and subsequently parents) struggle with. Sheri Van Dijk offers tangible tools to deal with emotional upheaval, volatile emotions and difficult relationships.

Don't Let Your Emotions Run Your Life for Teens ...

Learn why the medication Clomid often causes anxiety, mood swings, and feelings of depression, plus get advice on what you can do about it.

Why Clomid Causes Anxiety and Feelings of Depression

****3 Month Update**** Baby #3 was born three months ago - here's my birth film if you missed it, and here's his story: A Frog, A Polar Bear And A Bullseye On My Bottom. Now it's to report back to tell you how it went! Long story short, this has been the best babymoon I've ever had.

4 Benefits of Placenta Encapsulation - MommyPotamus

Anxiety can be tough for anyone to deal with, but add in the whirlwind of changes that come with adolescence, and anxiety can feel like an intrusive mind hog that spends way too much time

squeezing, surprising and overwhelming anyone it lands on. If anxiety is making a menace of itself, the good ...

Anxiety in Teens - How to Help a Teenager Deal With Anxiety

We typically think of intelligence in terms of knowledge or cognitive reasoning ability, but there's another kind of intelligence that's just as important -- if not more so -- in a business ...

How Emotional Intelligence Can Improve Your Productivity

M3 Team. M3 Information, LLC ("M3") grew out of a collaboration of National Institute of Mental Health ("NIMH") alumnus and other academic researchers, clinicians, information technology and business people committed to reengineering the detection of mental health disease and streamlining its integration into Primary Care, the point of first contact for a majority (over 70%) of all ...

Whats My M3 - M3 Information

Continuing the series on The Physiology of Nutrition, I present to you the connection between food and mood - serotonin. While it's easy to see how what we eat has a direct impact on our waistlines, it seems a little foggier how our nutritional choices affect our brains.

Understanding Our Bodies: Serotonin, The Connection ...

Emotional instability: Description, Causes and Risk Factors: Emotional instability refers to rapid, often exaggerated changes in mood, where strong emotions or feelings (uncontrollable laughing or crying, or heightened irritability or temper) occur.

Emotional instability: Description, Causes and Risk Factors

How to Date a Pre-Op Transsexual Woman-or- How to Date a TS. Are you seeking to date a pre-op transsexual woman or TS? Great! Not all girls are born female.

How to Date a Pre-Op Transsexual Woman - TS Girlfriend

Return to Essential Skills Understand Food Cravings, Brain Chemistry, Body Weight and Your Health

Understand Food Cravings, Brain Chemistry, and Body Weight

With postpartum depression, feelings of sadness and anxiety can be extreme and might interfere with a woman's ability to care for herself or her family. Postpartum depression is a mood disorder that can affect women after childbirth. Mothers with postpartum depression experience feelings of ...

NIMH » Postpartum Depression Facts

Explains the signs of male menopause and the reasons behind it. Includes information on the signs and symptoms of menopause in men.

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