



The Matrix Mindfulness Practitioner

Meditation Collection

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INSPIRE-EMPOWER-TRANSFORM

**Exclusive Mindfulness Scripts
for Wellness Professionals**

Improve Mood

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Almost everyone experiences mood swings from time to time. Mood swings may be mild or severe and this depends from person to person. They may swing quite quickly, and sometimes, without reason. Or, they can be indicative of conditions such as depression. This fluctuating sense of moods can easily impact the relationships you have with others at work and at home.

What causes mood swings?

Mood swings are rapid fluctuations that relay a person's emotional state. They can alternate between feelings of happiness and well-being to sudden dips towards anger and depression. Moods that fluctuate so easily can make it difficult to gain contentment or, to understand or to talk to others.

It is easy to see how this can become a problem in everyday life for those impacted by the rise and fall of moods. In many cases, the cause can be as simple as an imbalance in the chemicals of the brain. In other cases, there may be problems with **hormonal imbalances** including the time of the menopause in women. Men may also experience mood swings. False relaxants such as alcohol and drugs can change how someone feels in an instant.

Thousands of people suffer from mood swings. It is not unnatural but, it can be frustrating. For many, these changes are linked to mindset but, fortunately, it does not have to be ongoing. It's about creating balance in life and changing faulty perceptions. It's about understanding how and why we think about the world around us and how we perceive ourselves and others. All this can be altered. Sometimes, by evaluating our thoughts and feelings, we spark the beginning of change.

How we think will often have its roots deeply connected in learned behaviours. When we start out in life, we have a blank sheet and slowly absorb lessons and facts, and we learn how to react too. This information is all given first from our parents and later, from teachers and other authority figures. Often, information is passed down through the generations and this can easily be outdated or, simply incorrect. It can become confusing to a person if they believe and then, act, upon false beliefs.

Our perception of who we are may be distorted and different from the view that others have of us. Moods affect our ability to see clearly. We are constantly told by popular media what we should look like and how we should act. We are given instructions that may clash with our own views or feelings.

No wonder people feel less than satisfied with how they look or how they feel. It is easy for disharmony to impact self-esteem and increase mood changes.

How we think about ourselves will affect mood. Our thoughts may impact the environment and world around. Our thoughts govern our behaviours and subsequent actions caused through ever-repeating patterns of thoughts and feelings can lead to a ripple effect all around.