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Therapy for Mood Swings, Therapist for Mood Swings

When mood swings are problematic, it could signify the presence of a mood disorder. There are several mood disorders, among them chronic depression, major depressive disorder and manic-depressive disorder (sometimes called bipolar disorder). The first two are characterized by periods of depressed mood interspersed with periods of normal mood.

What are Mood Swings? | Overcoming

A few actions daily can improve your mood. Open mobile menu ... 7 Powerful Tips to Help You Overcome Bad Moods ... Self-loathing or blaming others will not get you on the right side of feeling ...

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The first step is identifying factors in your life and environment, such as stress, poor sleep, or skipping your morning coffee, that precede or cause your mood swings. To better manage and cope with these changes in mood, you may want to experiment with different approaches, such as: Getting regular exercise.

Mood Swings: Causes and Risk Factors - Verywell Mind

Overcoming Mood Swings (ISBN 9781849011297) will help those with emotional extremes that seriously disrupt their lives. Tried and tested CBT techniques.

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Cultivate optimism. Mood swings are often associated with persistent expectations for bad things to happen or, in other words, negative thinking. For example, you might be waiting to hear back from a job and assume you didn't get it after only a day has passed.

How to Control Mood Swings (with Pictures) - wikiHow

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