



SHRI MINDS

Wellness Newsletter, April 2023

We are back with another edition of Shri Minds. This time we look into moods and their effects. Mood is a word people use to mean a lot of things. You may wake up in a “bad mood” when you haven’t slept well. You find yourself in a “good mood” after spending time with friends or loved ones.

We often talk about “mood swings” or “mood altering” experiences, and some people even call one another “moody.” When we are frustrated or fed up with a particular situation, we are “in no mood” to deal with it. We even listen to “mood music!”

So, what is mood, exactly? And what does it have to do with the brain?

Join us in understanding our moods, identifying and dealing with moods and effects, identifying stressors, teenage mood swings, rebellion, causes and tips to diffuse mood swings.

Just like the previous editions, we have some fun activities for you to engage with along with our Shriites in the Bonding Time Section. Let us dive right in without further ado...



Our Moods Matter

Moods are the emotions we feel. A mindset is the thoughts and ideas that go along with that mood. Mood and mindset go hand in hand because our thoughts can influence our mood.

Moods tend to echo particular emotions like happiness or sadness, but they are usually less intense and more persistent—a state of mind that lasts for an extended period of time. While emotions tend to be linked to a particular person or event, moods may not be connected to any obvious cause. And while moods may not be as strong as some feelings, they do have power. Many studies have shown that your mood can influence perception, motivation, decision-making, social interactions, and even more basic cognitive processes like memory and attention.

How does your mood matter?

Your mood and your mental health affect every aspect of your life, from how you feel about yourself to your relationships with others and your physical health.

Mind & Mood

Your mood and your mental health affect every aspect of your life, from how you feel about yourself to your relationships with others and your physical health. There's a strong link between good mental health and good physical health, and vice versa. On the other hand, depression and other mental health issues can contribute to digestive disorders, trouble sleeping, lack of energy, heart disease, and other health issues.



There are many ways to keep your mind and mood in optimal shape. Exercise, healthy eating, and stress reduction techniques like meditation or mindfulness can keep your brain — and your body — in tip-top shape.

When mood and mental health slip, doing something about it as early as possible can keep the change from getting worse or becoming

permanent. Treating conditions like depression and anxiety improve quality of life. Learning to manage stress makes for more satisfying and productive days

Description of Moods

Mood	Description
Exuberant	Extroverted, outgoing, happy, sociable
Bored	Sad, lonely, socially withdrawn, physically inactive
Relaxed	Comfortable, secure, confident, resilient to stress
Anxious	Worried, nervous, insecure, tense, unhappy, illness prone
Dependent	Attached to people, needy of others and their help, interpersonally positive and sociable
Disdainful	Contemptuous of others, loner, withdrawn and calculating, sometimes anti-social
Docile	Pleasant, unemotional, and submissive; likeable; conforming
Hostile	Angry, emotional in negative ways, possibly violent

Why are teens so moody?

Any parent can tell you that teenagers (and, of late, tweenagers!) display a sometimes alarming amount of emotional volatility. They're up, they're down, and you never quite know how they will react to a particular event or person. The reason? Puberty.

The same hormones that are helping an adolescent grow into their adult body are also facilitating explosive growth in the brain. Since the brain has specific receptors for hormones like testosterone, estrogen, and progesterone in different parts of the limbic system, heightened levels of these chemicals may lead to teens having an exaggerated emotional reaction to different situations—and a variety of reactions to the same type of situations at different times.

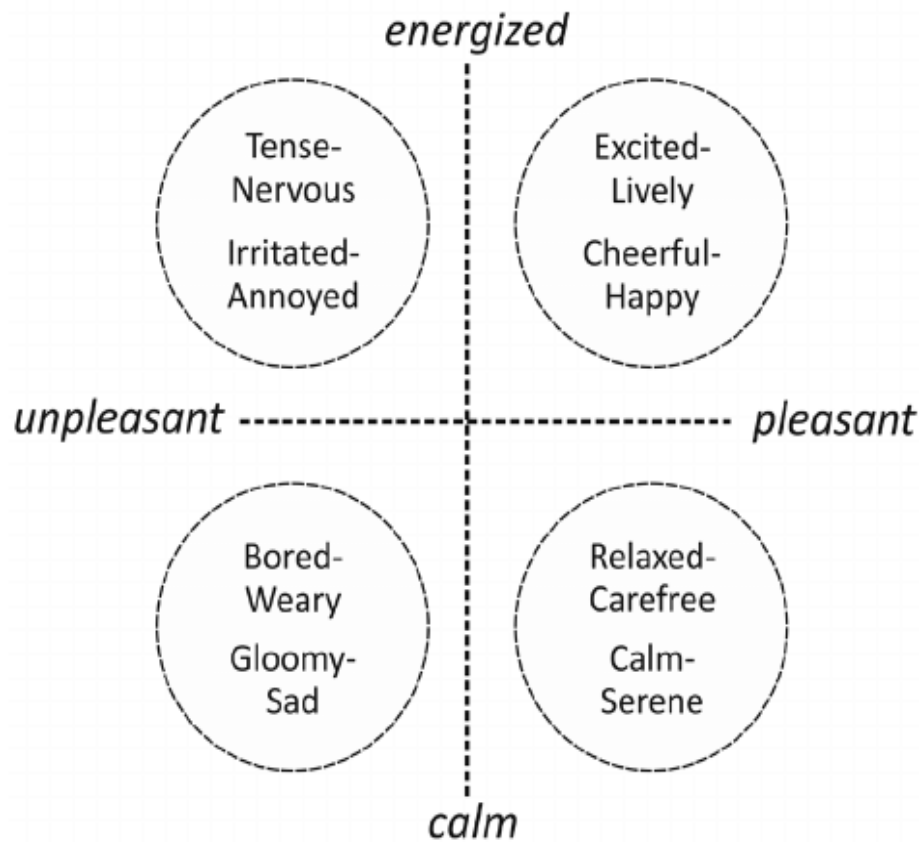


The good news is that it passes as teens gain more experience to help them regulate their moods and emotional states. But adolescence is also the time where many people first experience symptoms of a neuropsychiatric disorder. If you or a teen you know are struggling with mood-related symptoms to the point where it is interfering with school or family relationships, it's time to reach out to a medical professional.

How can you improve your mood?

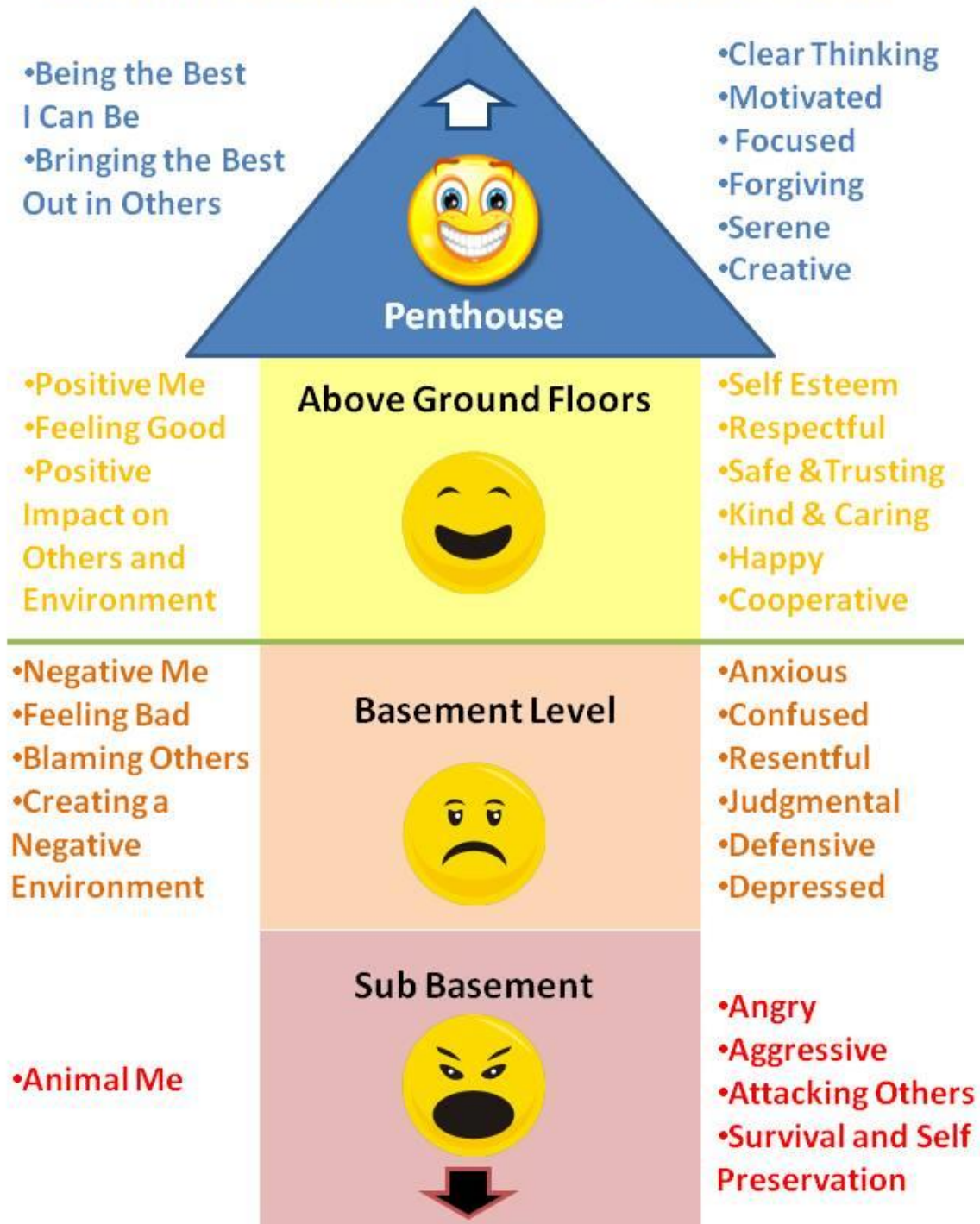
You can do quite a lot to boost a negative mood. Thanks to neuroplasticity, the ability of neural networks in the brain to change through growth and reorganization, actions you take can help your brain work more effectively. Studies have shown that regular cardiovascular exercise, ample sleep (7-8 hours each night), nutritious foods (that include nutrients like Omega-3 fatty acids, selenium, and B vitamins), and even meditation can help lower stress, regulate hormone and neurotransmitter levels, and improve your mood.

Spending some time out in the outdoors, getting out into the sunshine, and spending time with others also has been shown to help. And for those who struggle with mood disorders, there are medicines and therapy methods that can teach you helpful self-talk (like cognitive-behavioral therapy) to improve your mood over the long term.



Please Note: If your efforts to lift your mood aren't working or you're struggling to give yourself a much-needed boost, consider whether professional help might be in order. If your mood has been down for more than two weeks, or it's starting to take a toll on your relationships, work, or school, talking to a mental health professional can help.

Brain State Mood Elevator



More about Mood and Mental Health



Read more about Mood at:

- <https://dana.org/article/understanding-mood/>
- <https://positivepsychology.com/mood-charts-track-your-mood/>
- <https://www.verywellmind.com/happiness-shortcuts-3145188>

Shri Opinion

Inhale Peace and Exhale Worries...

A word or a term not new to anybody these days is STRESS.

Young and old everybody uses it so commonly now. So, does it indicate that all are stressed out? Let 's try to understand and explain this term, its types and, may be, a little on how to deal with it.

What is stress? It is the worry or pressure that is caused by too much to handle.

Too much to handle what? May be our tasks which could be new, too many in number or against our wish.

This can be observed in living as well as in non- living things. For example, if we try to stretch a sponge and if it becomes 'too much to handle' for it, it will give up and undergo permanent change, it will deform. Do we also deform? Yes, maybe not physically but mentally or emotionally for sure which in turn affects our well-being.

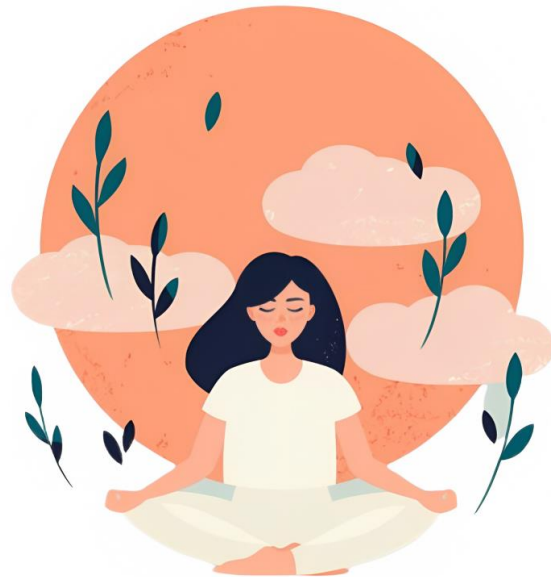
It could be that a person is new to a situation like a new job, new city, or in a new place of study as in case of children. When one is new to any environment, the fear of unknown puts one under stress. The person may be in the new place with his own wish still the environment is new.

Sometimes the tasks may not be new but there could be too much on the plate. This may lead to not liking the tasks at all. Also, there is a pressure to perform well for all. It should be noted that 'all' here includes employed, unemployed, homemakers, students in fact all of us.

Does this mean that if one is doing tasks with his or her own wish there is no stress?

There will be some amount of it but here there is something called as positive stress. The passion for one's profession or the tasks that he or she likes to do keeps them going and they like this 'stress' or they don't feel stressed out with this.

When we have to do things against our wish for a long time, the negativity starts building within. This negative stress slowly starts impacting our health, both physical and emotional.



Stress does not directly cause any illness; however, it makes the mind unhealthy which in turn affects our physical health.

What can be done to handle stress or the negative stress? Talk, discuss, open up, share your feelings with anyone with whom you are comfortable. Do not suppress any emotions. Keeping a diary can help here. Exercise, eat well, rest well, pursue a hobby that will keep you away from negative thoughts, a stress buster.

I agree that it is not always possible to remain stress free, however it is possible to take some time out to reflect and minimize it as much as possible by trying to remain happy.

Stress not thyself, Grow in love with yourself!!

- Meghana Kuthe
Shri Educator (Mathematics),
The Shri Ram Universal School, Hyderabad.

Wellness Happenings

Session on ‘Understanding my Growing Body’

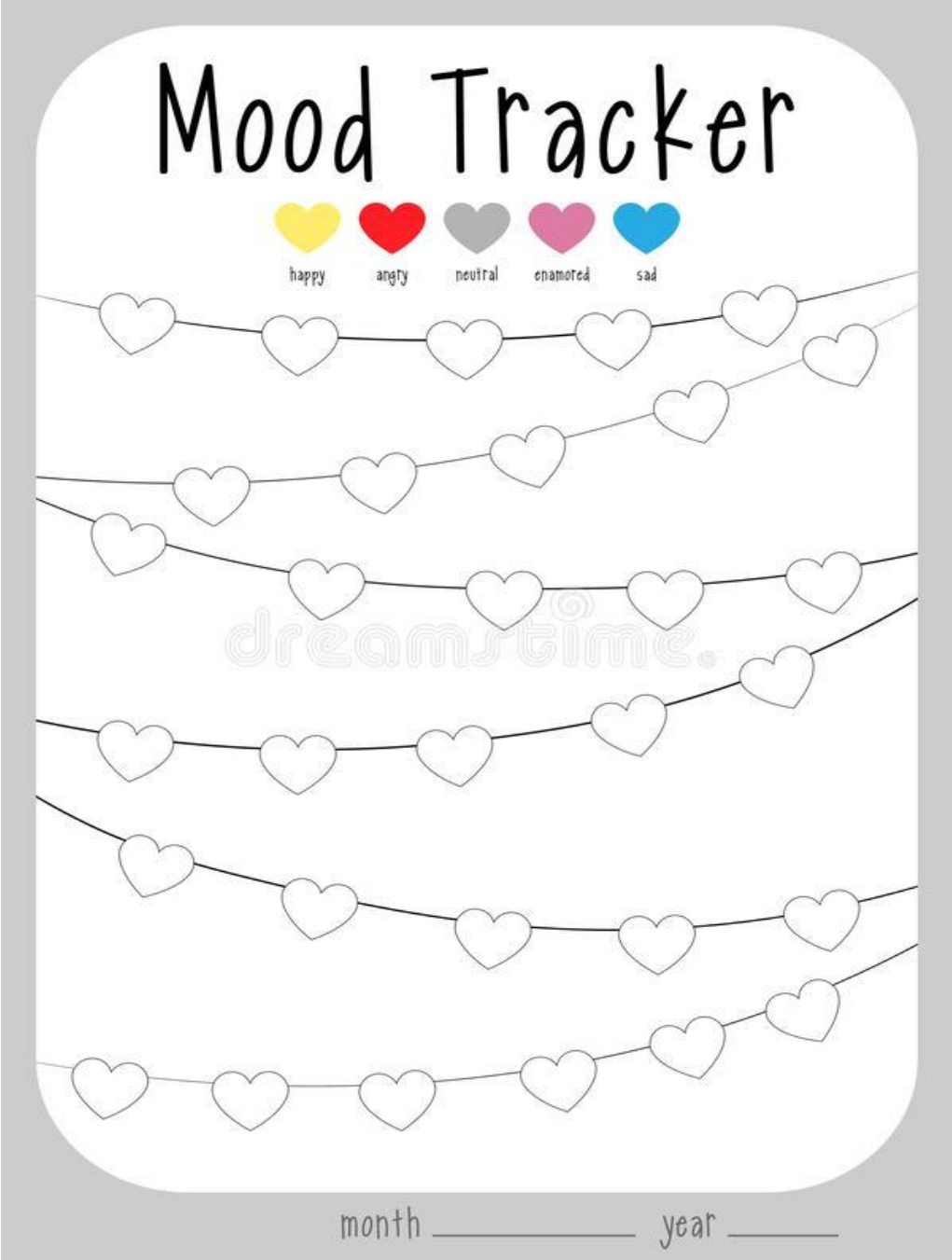
A session was organized for the students of Grade X on understanding their body. Doctor Rolika Keshri, a leading Gynecologist spoke to the students about changes during adolescence, taking care of the developing body, being responsible about one’s own life and making well informed choices. Students were suggested to have open and honest conversations about their bodies and the changes with parents and trusted adults. Students were provided a safe and open platform to voice out their concerns and opinions. Our Shriites did a commendable job at handling the session responsibly.



Dr. Rolika Keshri (MD. OBGYN, Care Hospital)

Time for Trivia

Maintain this Mood tracker for a month and see for yourself the stability in your mood.



Some Fun Mood Boosters for you to try !!!



1.

Journal every morning

2.

Go outside for a daily walk

10.

Schedule time for daily meditation

3.

Take time to indulge in some pampering

9.

Try reflexology

10

SELF-CARE mood boosters

4.

Spend more time with family & friends

8.

Read more books

5.

Declutter your home

7.

Get more sleep every night

6.

Practice positive affirmations

How to regulate fluctuations in mood???

42 SCIENTIFICALLY PROVEN WAYS TO IMPROVE YOUR MOOD



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GET MORE SLEEP

The Sainsbury's Living Well Index found that sleep quality was the top indicator for living well. More than 60 percent of the group living very well felt rested most or all of the time after sleep.
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EXERCISE MORE

A study of 30,000 Norwegians discovered that even just an hour of exercise weekly, regardless of intensity, can help prevent depression. The more exercise, the better. The key is to discover an activity that you enjoy.
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VOLUNTEER IN NATURE

The Wildlife Trusts of England tracked the mental health of wildlife project volunteers for 12 weeks. At the start, 39% of volunteers reported poor mental health. By the end, that number was reduced to 19%.
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SPEND TIME OUTDOORS

A 2015 study compared the brain activity of people who walked for 90 minutes in either an urban or natural setting. They found that people who took a nature walk had lower activity in the prefrontal cortex, a part of the brain that is overactive during depression and stress.
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CULTIVATE EUDAIMONIC HAPPINESS

A growing body of research supports two types of happiness: eudaimonic and hedonic. Eudaimonic happiness is gained by doing things that provide meaning and give a sense of striving to be one's best self, such as volunteering, doing art, or spending time with loved ones. Try to devote a bit of time to self-improvement each day.
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WRITE DOWN WHAT (OR WHO) YOU ARE GRATEFUL FOR

The Greater Good Science Center at UC Berkeley found that activities such as keeping a gratitude journal or writing gratitude letters are linked to increased happiness and mood.
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LISTEN TO HAPPY MUSIC

Participants in one study found that they felt better when listening to upbeat music while actively trying to feel happier, as long as they simply focused on the positive feelings and not the "destination" of being happy.
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LAUGH!

Laughter is proven to increase dopamine, a chemical that elevates mood. It also oxygenates our bodies and cools down our stress response systems, producing an overall calm, happy feeling.
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DECLUTTER

Work on decluttering your home and workspace. Just seeing clutter has been found to cause spikes in cortisol, the stress hormone.
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GIVE A HUG

When you stimulate the pressure receptors of your skin, it lowers stress hormones. Touch also boosts oxytocin, a hormone that promotes a sense of well-being, security and love. Hugs may even help reduce the severity of cold symptoms!
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PET A DOG OR CAT

A Washington State University study found that petting a dog or cat for even just 22 minutes produced a major reduction in cortisol, the stress hormone.
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CONSUME OMEGA-3 FATTY ACIDS

Many promising scientific studies have found that eating omega-3 fatty acids may alleviate depression and other mood disorders. Sources include fish and flaxseed.
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EAT VITAMIN C (CITRUS FRUITS, TOMATOES, BROCCOLI)

Vitamin C is essential for your body to create neurotransmitters that regulate mood and combat depression.
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TALK TO A STRANGER

Diet, positive interactions with strangers may boost mood and create a stronger sense of belonging to one's community.
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THINK ABOUT WHAT WENT WELL

At the end of the day, reflect on three things that went well that day. Reflect on them, replay the events in your mind, and relish the positive feelings.
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TAKE SLOW, DEEP BREATHS

By breathing slower and more deeply, you signal your nervous system to calm down. It takes practice to reap profound benefits, so devote some time to deep breathing daily.
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WATCH A CAT VIDEO

A survey of almost 2,000 people found that people felt more energetic and positive after watching cat videos. The pleasure they got from the videos was greater than the guilt of procrastinating.
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LISTEN TO SAD SONGS

Sad songs may help people experience a much-needed emotional release.
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SET SMALL, ATTAINABLE GOALS (MICRO-GOALS)

Completing a goal, no matter how small, has been shown to boost our moods. That is why checking off to-do lists can be so satisfying.
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TAKE A BREAK FROM Facebook

Studies have found that Facebook use predicts a decline in the mental well-being of young adults.
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DO A PUZZLE

Any kind of puzzle will do. Every success we have while working on a puzzle releases dopamine, which grants us a sense of satisfaction and pleasure.
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ENJOY SOME COFFEE

Coffee has been shown to help lower the risk of depression, especially in women.
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SEEK SUNSHINE

A study spanning six years discovered that therapy patients reported less emotional distress on sunny days. Vitamin D has also been linked to mental well-being.
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INDULGE IN MASSAGE

Several studies have shown that massage increases serotonin levels, especially in pregnant women and infants. Even just rubbing your own shoulders, neck, hands, and temples can help.
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PRACTICE GOOD POSTURE

Sitting up straight and relaxing your shoulders can help alleviate stress, depression and fatigue, according to recent research.
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PLAY IN THE DIRT

UK scientists have found that a type of friendly bacteria found in soil may influence brain cells to produce serotonin in a similar way that antidepressants do.
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SMILE

Smiling can trick your brain into feeling happier! A meta-analysis of 28 studies found that smiling can slightly uplift your moods.
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TRY "SHINRIN-YOKU" (FOREST-BATHING)

A Japanese study discovered that a walk through the woods can alleviate acute emotions such as hostility, depression and boredom.
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SMELL LAVENDER

Lavender interacts with the neurotransmitter GABA to help relax the brain and nervous system, reducing agitation, anger, aggression and restlessness.
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ENJOY THE SCENT OF FRESH-CUT GRASS

Scientists have found that a chemical released by fresh-cut grass may provide joy and stress relief.
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ENJOY THE SMELL OF CITRUS

An ambient orange aroma in a dental office was found to relieve anxiety and boost the mood of female patients.
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CHEW GUM

Chewing gum has been found to alleviate poor mood and reduce cortisol, the stress hormone.
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ADMIRE FLOWERS

Caring for flowers has been shown to nurture a lasting positive mood. Flowers and plants also boost productivity and creativity at work.
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EAT SOME CHOCOLATE

The antioxidant in chocolate (cocoa) provides a burst of endorphins and serotonin.
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TOUCH SOMETHING SOFT (OR HUG A TEDDY BEAR)

In a study of consumers, those in a negative state found more comfort in pleasant tactile sensations. This may be linked to the mammalian instinct to return to our mothers during vulnerable states (look, my new coat, huh!).
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LISTEN TO BIRDSONG

Birdsong has been found to lift the mood far more than blue tones reflect, complemented by being present in nature.
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DO SOME YOGA

Yoga is widely considered a low-risk, high-yield way to benefit overall health. It may even increase pain and stress tolerance.
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DO SOME MEDITATION

Regular meditation practice has been found to reduce stress, anxiety, and depression, and increase overall happiness and well-being.

For a full list of the scientific research referenced above, go here: <https://www.titledmax.com/healthy-living/2022/01/10/42-science-backed-ways-to-improve-your-mood/>

