

Wellness Newsletter

Namaste Parents and children,

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 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 edition 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. In the other direction, depression and other mental health issues can

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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.



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 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.

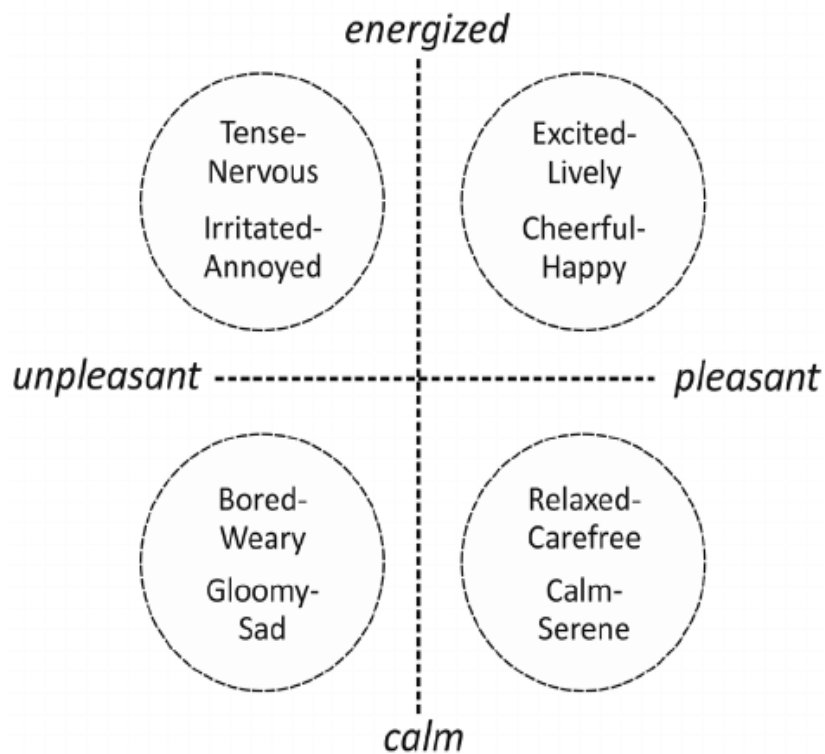
The same hormones that are helping an adolescent grow into their adult body are also facilitating explosive growth in the brain. Since the brain has specific receptors for hormones like testosterone, estrogen, and progesterone in different parts of the limbic system, heightened levels of these chemicals 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.

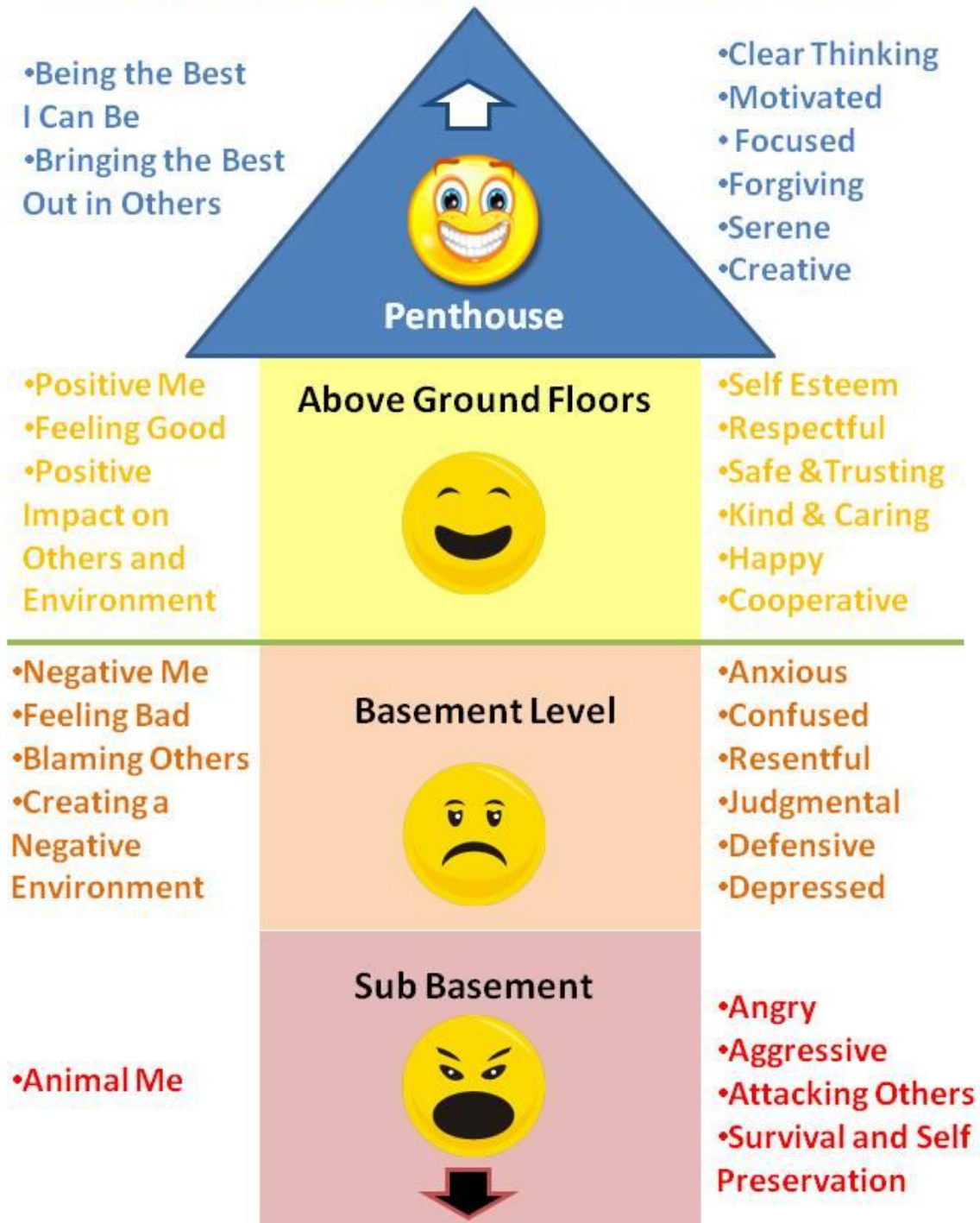
How can you improve your mood?

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.



Brain State Mood Elevator





Time for Trivia

[You can read more about Stress on:](#)

- <https://www.cdc.gov/violenceprevention/about/copingwith-stresstips.html>
- <https://www.who.int/news-room/questions-and-answers/item/stress#:~:text=Stress%20can%20be%20defined%20as,to%20your%20overall%20well%20being.>

You can read more about Kintsugi on:

- <https://www.theconversation.com/how-the-philosophy-behind-the-japanese-art-form-of-kintsugi-can-help-us-navigate-failure-193487>
- Picture courtesy: Freepik

Have something on your mind, share it with us at
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