

Mood swings?
Ways to cope, prevent and overcome it.



Get more organized

Irregular habits and day-to-day changes can sometime lead to a feeling of uncertainty. Develop, follow, and stick to a regular routine to avoid stress caused by unplanned activities.



Take vitamins and minerals

A deficiency in B12, B5, B6, C, zinc, iron, or magnesium is known to affect brain processes that regulate mood. Before taking supplements talk to your physician to know the right dose.



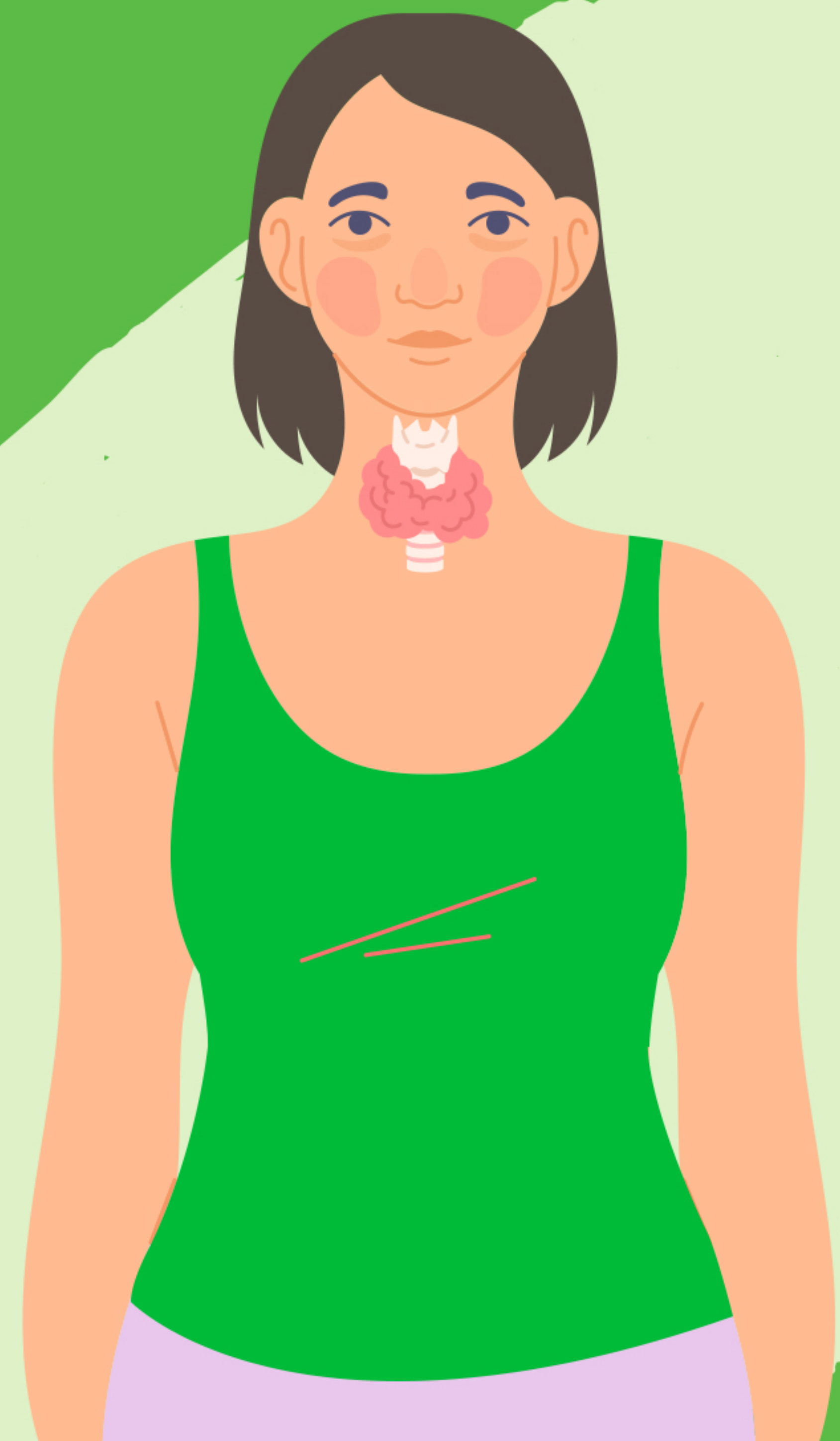
Learn to process your emotions

Suppressed, unprocessed, and unresolved emotions typically emerge as a burst of temper, frustration, or even tears. Work towards a resolution by writing down your stressors and feelings.



Check your thyroid

Fluctuation in moods is commonly linked to thyroid disorders. Make sure to evaluate your thyroid function during your annual physical or regular blood check to rule out a thyroid problem.



Recognize triggers

Identifying and understanding what causes your mood swings will help you work on it and also come up with solutions. Find out what affects your mood to minimize exposure.



Seek professional help

Talk to a therapist if your mood swings are unmanageable. This will help determine whether its an offshoot of deficiencies, unhealthy eating habits, changes in blood sugar levels or lack of exercise.



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