

Tried and tested tips to cope with your regular mood swings!

## Description

How many times have you felt irritated, happy, sad, or angry, all at the same time? This roller coaster of emotions is termed as "mood swings." The uncanny results of mood swings can be hard on you or the ones who are around you.

But what is the prime cause of mood swings?

American Medical Association confirms that more than 75% of women are diagnosed with emotional distress, especially between the onset of menstruation and the culmination of menopause.

And this emotional distress is the primary driving force of the mood swings. But that's not the only reason. Hypersensitivity to any touch, look, word, feeling, voice can trigger some unannounced emotions.

In fact, some people have admitted that they often [feel uneasy](#), worried, angry without any good reason. It could be a symptom of generalized anxiety disorder.

However, regular mood swings are not normal. It can affect your personality (not a pleasing one) and could get you detached from your loved ones. Yes, that happens!

But, with problems come solutions. There are ways through which you can cope with your mood swings. Some of them are listed below.

- **Aromatherapy**

Aromatherapy is considered one of the best ways to calm your mind, body, and soul. Essential oils help elevate your mood by [reducing depression](#) and anxiety (also responsible for mood swings). It soothes the nervous system and boosts the happy hormones.

Just by massaging the drops of essential oils on the wrist or palms or simply inhaling it, the [aroma acts as the diffuser](#) for all the negative emotions. Such oils are elixirs that help in changing your vibe entirely.

- **Natural Remedies**

How many times have people suggested to you some weird ways to deal with mood swings? Every single body is indeed different. So, it is possible that the tricks that worked for them might not work for you.

It is better to be on the safer side and stick to natural remedies. Eat healthily, listen to some good music, exercise. According to health experts, these tips work on almost everyone.

In fact, if you want to take some supplements, side with the natural ones. Such [natural](#) supplements contain soothing herbs to calm your emotions and nervous system and help you deal with your mood

swings. Thus, vitamins, minerals, herbs, and homeopathic remedies, combined with a healthy diet, can do wonders for your mood swings.

- **Yoga and meditation**

Today, yoga and meditation are considered amongst the best remedies for mood swings. Studies show that people who regularly practice them seldom experience any [panic attacks](#), mood swings. It shows that depression and anxiety level reduces when someone practices yoga or meditation.

**The bottom line is that,**

It's okay to have problems, attacks, and mood swings. But, once you learn how to deal with them, there is nothing to worry about. If you feel that you are suffering from mood swings, then don't let it change your lifestyle.

Use the tips mentioned above to control them, and the world would seem a better place to live in.

Next time you think you have a mood swing, you know what to do!

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