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Fluctuating moods of Children by Osa Webmasterone

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Do you know why your children lose their temper all of a sudden? Well, if your children do that sort of things, then do not thing that they are doing something very abnormal because the little mood fluctuations are quite normal in human beings. Though, it becomes difficult for the parents to deal with such situations. It is necessary for them to control their childrensâ€™ anger and also ask them to control their anger. Apart from anger, children also get depressed easily. This is also a type of mood fluctuation. There are some reasons why the sudden fluctuation of mood occurs in every human being. They are as follows:

1-Chemical Imbalance

Many of the modern research points out that mood disorder can take place may be because of a chemical imbalance in the brain. The emotions such as happiness, stress, fear, depression or anxiety, take place when our brain releases some chemicals called neurotransmitters. It is the release and re-absorption of these neurotransmitters only that influence how a person feels. People who experience frequent mood swings are likely to have an imbalance of the neurotransmitters serotonin, norepenephrine, GABA and dopamine. There are medicines and therapy techniques that are available and designed to help establish a balance of the release, reuptake and absorption of these key neurotransmitters.

2-Hormonal Changes

Teenagers often get the feeling of mood swings during their puberty stage after the introduction of sex hormones in their body. Often, the mood swings get lessen once the hormone levels get stable.

Mood fluctuations can affect a personâ€™s life in many ways

Mood swings can result in affecting many aspects of a personâ€™s life. For the person experiencing the mood swings can result to extreme frustration, and this can be painful particularly for the family and loved ones of that person. When a kidâ€™s mood swings hastily, friends and family never know which mood they are going to bump into. People, who experience the mood swings, often feel tremendously unbalanced. This ambiguity can cause people with mood swings to stay away from activities that may cause a fluctuation in mood. It is nothing abnormal for people with mood swings to stay away from things that they once liked and enjoyed.

It is essential for everybody to understand that having mood fluctuations is a part of human nature; on the other hand, if fluctuations of mood dominate the life of people, they should try to find help. People also should understand that those who are suffering from mood swing should not be criticized for anything because it may lead to many negatives steps that they can take.

It is quite very normal for a person to have mood swings all of a sudden

Do not be afraid of mood swings because it is completely normal to experience such fluctuations of mood. It is highly natural for a person to experience wide range of emotions that anybody can experience. However, when mood swings dominate a personâ€™s life, then the person should be suggested with some therapy and medication that can be used to treat severe mood fluctuations.

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