



## AN AVERAGE PERSON

## MANIA

## HYPOMANIA

Mood

## DEPRESSION

# UNIPOLAR DEPRESSION

## BIPOLAR - 1

## BIPOLAR-2

## CYCLOTHYMIA

1 week

≥ 5 days

≥ 2 weeks

## Mood Shifts

**Frank Jewett Mather**

## **Mood Shifts:**

**Overcoming Mood Swings** Jan Scott,2010-01-28 This is an excellent self help book It is clear user friendly encouraging and non condescending I would recommend my patients to read this book British Journal of Clinical Psychology Most people know what it is like to experience high or low spirits For some individuals however emotional extremes can seriously disrupt their lives either because they happen too frequently or because the mood swings are intense and are accompanied by other symptoms of depression or mania This book is a self help manual for those who have experienced mood swings and gives background information on depression and mania The author uses tried and tested practical techniques that will help people identify and manage their mood more effectively and achieve a more stable emotional state Contains a complete self help programme and monitoring sheets Overcoming self help guides use clinically proven techniques to treat long standing and disabling conditions both psychological and physical Many guides in the Overcoming series are recommended under the Reading Well Books on Prescription scheme

*Overcoming Mood Swings 2nd Edition* Jan Scott,2022-02-03 Most of us know about extreme highs or lows For some people however emotional extremes can seriously disrupt our lives either because they happen too frequently or because the mood swings are intense and accompanied by other symptoms of depression or mania such as changes in energy and activity levels This valuable self help guide teaches tried and tested strategies that will help anyone troubled by mood swings to effectively identify and manage their moods and achieve a more stable and comfortable emotional balance It includes Information on depression and mania A step by step structured self help programme and monitoring sheets Overcoming self help guides use clinically proven techniques to treat long standing and disabling conditions both psychological and physical READING WELL This book is recommended by the national Reading Well scheme for England and Wales delivered by the Reading Agency and the Society of Chief Librarians with funding from Arts Council England and Wellcome [www.readingwell.org.uk](http://www.readingwell.org.uk) Series Editor Emeritus professor Peter Cooper

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## Table of Contents Mood Shifts

1. Understanding the eBook Mood Shifts
  - The Rise of Digital Reading Mood Shifts
  - Advantages of eBooks Over Traditional Books
2. Identifying Mood Shifts
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Mood Shifts
  - User-Friendly Interface
4. Exploring eBook Recommendations from Mood Shifts
  - Personalized Recommendations

- Mood Shifts User Reviews and Ratings
- Mood Shifts and Bestseller Lists

5. Accessing Mood Shifts Free and Paid eBooks

- Mood Shifts Public Domain eBooks
- Mood Shifts eBook Subscription Services
- Mood Shifts Budget-Friendly Options

6. Navigating Mood Shifts eBook Formats

- ePUB, PDF, MOBI, and More
- Mood Shifts Compatibility with Devices
- Mood Shifts Enhanced eBook Features

7. Enhancing Your Reading Experience

- Adjustable Fonts and Text Sizes of Mood Shifts
- Highlighting and Note-Taking Mood Shifts
- Interactive Elements Mood Shifts

8. Staying Engaged with Mood Shifts

- Joining Online Reading Communities
- Participating in Virtual Book Clubs
- Following Authors and Publishers Mood Shifts

9. Balancing eBooks and Physical Books Mood Shifts

- Benefits of a Digital Library
- Creating a Diverse Reading Collection Mood Shifts

10. Overcoming Reading Challenges

- Dealing with Digital Eye Strain
- Minimizing Distractions
- Managing Screen Time

11. Cultivating a Reading Routine Mood Shifts

- Setting Reading Goals Mood Shifts
- Carving Out Dedicated Reading Time

12. Sourcing Reliable Information of Mood Shifts

- Fact-Checking eBook Content of Mood Shifts

- Distinguishing Credible Sources

13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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