



# **OVERCOMING** **Mood Swings**

A self-help guide  
using cognitive  
behavioural techniques

JAN SCOTT

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# Overcoming Mood Swings

**Colin Espie, Jan Scott, Melanie  
Fennell, Paul Gilbert, William Davies**

## **Overcoming Mood Swings:**

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 Jan Scott,2001-07-01 Most people know what it is like to experience extreme high or low spirits For some individuals however violent mood swings can seriously disrupt their lives either because they happen too frequently or because they are accompanied by other symptoms of depression or mania Overcoming Mood Swings is a self help manual for those who have experienced intense mood swings It offers tried and tested techniques to help readers to identify and then manage their mood swings more effectively It also provides background information on depression and mania The volume includes an introduction to the origins and nature of sudden changes of emotion It contains a complete self help program using clinically proven cognitive therapy methods as well as work sheets to help readers to track their progress

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

Overcoming Mood Swings (Uk) Random House,2001-04-01 Overcoming Mood Swings (Us) Random House,2001-06-01 **Mood Swings to the Extreme** Jerry Coffee,2011-12-23 Millions of people in the US suffer from Extreme Mood Swings and even more people find themselves experiencing emotional lows There is hope Counselors are now available in abundance to treat

depression and researchers have made considerable steps in understanding the chemical functioning of the human brain

**Mood Swings to the Extreme** helps readers understand what causes of bipolar related disorders and find the best ways to treat the problem The book covers the extremes and the in between of depression and shows how the highs and lows of extreme mood swings trap the sufferer in a cycle of depression and hormonal imbalance **Mood Swings Treatments** offers hope to everyone who suffers depression and bipolar disorder and helps those who love them understand and treat this troubling problem

*The Complete Overcoming Series* Peter Cooper, 2012-11-01 The complete set of self help guides from the popular Overcoming series Each guide is based on Cognitive Behavioral Therapy CBT an evidence based therapy which is recommended by the NHS for the treatment of a large number of psychological difficulties Each guide comprises a step by step self help programme based on CBT and contains Useful information about the disorder Practical strategies and techniques based on CBT Advice on how to keep recovery going Further resources

**The Complete Overcoming Series** contains 31 titles Overcoming Anger and Irritability Overcoming Anorexia Nervosa Overcoming Anxiety Overcoming Body Image Problems including Body Dysmorphic Disorder Overcoming Bulimia Nervosa and Binge Eating Overcoming Childhood Trauma Overcoming Chronic Fatigue Overcoming Chronic Pain Overcoming Compulsive Gambling Overcoming Depersonalization Feelings of Unreality Overcoming Depression Overcoming Grief Overcoming Health Anxiety Overcoming Insomnia and Sleep Problems Overcoming Low Self Esteem Overcoming Mood Swings Overcoming Obsessive Compulsive Disorder Overcoming Panic and Agoraphobia Overcoming Paranoid and Suspicious Thoughts Overcoming Perfectionism Overcoming Problem Drinking Overcoming Relationship Problems Overcoming Sexual Problems Overcoming Social Anxiety and Shyness Overcoming Stress Overcoming Traumatic Stress Overcoming Weight Problems Overcoming Worry Overcoming Your Child's Fears Worries Overcoming Your Child's Shyness and Social Anxiety Overcoming Your Smoking Habit

*Bipolar Disorder* Robert Duffy, 2020-07-27 Bipolar disorder formerly called manic depression is a common condition affecting around 1 in 100 adults at some point in their lives Worldwide it affects about 254 million people with 2.4 million in the UK The exact nature of someone's illness will be unique to them These moods typically swing between low or depressive with feelings of intense unhappiness and despair and high or manic with feelings of supreme confidence euphoria and boundless energy Having bipolar disorder can be a frightening bewildering experience especially before diagnosis and treatment This book will help readers understand bipolar disorder and the kind of help available for the condition It will explain the causes of bipolar disorder its symptoms and effects how a diagnosis is made and how it's possible to lead a happy and fulfilling life by managing the condition with the correct treatments There will also be information for friends and family close to someone with bipolar disorder

**The Psychologist**, 2004 *The Complete Guide to Overcoming depression, low mood and other related problems (ebook bundle)* Colin Espie, Jan Scott, Melanie Fennell, Paul Gilbert, William Davies, 2013-01-17 This exclusive ebook bundle comprises five practical self help programmes based on cognitive behavioural therapy CBT from the bestselling

Overcoming series Perfect for anyone experiencing problems with low mood or depression and associated problems such as low self esteem anger or sleep problems This is also the perfect resource for therapists Each book includes Case studies Practical exercises Monitoring sheets

**Overcoming Depression** 3rd edition If you suffer from depression you are far from alone Depression is very common affecting over 300 million people around the world Written by Professor Paul Gilbert OBE internationally recognised for his work on depression this highly acclaimed self help book has been of benefit to thousands of people including sufferers their friends and families and those working in the medical profession This fully revised third edition has been extensively updated and rewritten to reflect over ten years of new research on understanding and treating depression particularly the importance of developing compassionate ways of thinking behaving and feeling

**Overcoming Mood Swings** 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 often referred to as bipolar disorder This practical self help guide provides background information on depression and mania and offers tried and tested techniques that will help the reader identify and manage their mood more effectively and achieve a more stable emotional state

**Overcoming Low Self Esteem** A self help classic winning acclaim for its practical and user friendly approach and now recommended on the National Health Service s self help scheme known as Books on Prescription This book will aid readers to understand what has caused their low self esteem and with this knowledge break out of the vicious circle of negative self image learn the art of self acceptance and alter their lives for the better

**Overcoming Anger and Irritability** An invaluable self help guide to managing a widespread behavioural problem This is a practical self help programme for those who find that they are spoiling the lives of both themselves and those around them with their almost constant irritability and flashes of bad temper It will help the reader understand why such behaviour occurs and what can be done to prevent it

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Overcoming Depression Demitri F. Papolos, Janice Papolos, 1992 A bestselling classic in the field and the definitive book most recommended by doctors is now thoroughly updated and revised This vital and accessible guide provides state of the art medical information and solid practical advice for the millions who suffer from depression and manic depression and for their families

**Overcoming Life's Toughest Problems** Ed Hindson, 1999 Going through difficult times provides an opportunity to see God at work By appropriating His strength Christians can find hope in the midst of failure understand and manage emotions and bring positive results from negative circumstances

*A Better Life* Nilima Hamid, There are times in our lives when we all feel confused and overwhelmed The advice in this book can help you deal

with specific emotional problems This book provides support for those suffering from mental distress and unable to get immediate medical or psychological help The book covers a comprehensive range of emotional disorders The advice is intended to be the first step to recovery Cognitive Behaviour Therapy CBT empowers you to understand the problem in a way that will maximise your potential to tackle future obstacles and become more independent You will be successfully helped to mobilise your own resources and improve your sense of self effectiveness by being enabled to attribute the cause of change to your own efforts CBT concentrates on the connections between a person s thoughts about themselves or a situation and how this affects feelings and behaviour Together the patient and therapist work to understand and alter the negative thinking and behaviour that result in distress and prevent the patient from living a normal life CBT can be used for a variety of disorders and aims to tackle the root cause of the illness reducing the need for drugs at all in some cases For other illnesses CBT is being developed as a partner for drugs A Better Life includes information tools and exercises to enable you to gain insight into your problems start making changes for the better recover and move forward with confidence and prevent relapses so you maintain your progress You will experience an increase in power and control over your problems from gaining a different perspective and examining the roots of your problems As your self awareness and personal insight develop you will feel new energy and self acceptance By exploring your thoughts feelings and behaviour you will be able to face decisions and choices on your own more resourcefully You will find the opportunity to make sense of your life and be able to plan changes that will make a difference to your future

### **The Unofficial Guide to Overcoming Infertility** Joan

Liebmann-Smith, Jacqueline Nardi Egan, John J. Stangel, M.D., 1999-05-06 The inside scoop for when you want more than the official line Having a baby is a joyous event that most couples look forward to But sometimes nature just doesn t cooperate If you and your partner are having difficulty conceiving how can you increase your chances of pregnancy You want to know what causes infertility how much your lifestyle may be contributing to the problem and what you can look for in medical and non traditional therapies aimed at overcoming infertility You want the inside scoop The Unofficial Guide to Overcoming Infertility is designed to give savvy consumers like you a foolproof appraisal of what works and what doesn t the good treatments and the bad ones with unbiased recommendations that are not influenced by any company product or organization This book like every Unofficial Guide is intensively inspected by the Unofficial Panel of Experts a team of highly respected health care professionals They ensure that you are armed with the most up to date insider information on infertility treatments and are told exactly what the Official establishment doesn t want you to know Vital Information that other sources can t or won t reveal including an unbiased guide to the many infertility treatments available Insider Secrets from health care professionals and clinical researchers and once infertile couples who are now experiencing the joy of parenthood Money Saving Techniques that will help you find the resources to pay for your medical tests and expenses Time Saving Tips that enable you to take an active role in overcoming infertility while keeping your day to day life on track The Latest Trends in

infertility treatments including medical and nonmedical procedures and holistic approaches Handy Checklists and Charts that will help you plan your eventual pregnancy and keep the process stress free *Dare to Change* Joe Alexander,1984

**Overcoming Dyslexia in Children, Adolescent, and Adults** Dale R. Jordan,2002 Jordan s book is a valuable tool for those who work with and educate individuals with dyslexia Now in its third edition *Overcoming Dyslexia in Children Adolescents and Adults* tells the story of dyslexia in a positive hopeful way *Overcoming Dyslexia* leads the reader through simple clear descriptions of the learning and social patterns of students who are dyslexic The book summarizes in easy to understand language what science knows today about the causes of the different forms of dyslexia All forms of dyslexia are described in detail Illustrations of how dyslexia impacts classroom learning social behavior emotional maturity job performance and personal development are also provided Chapter 1 summarizes remarkable new information about how genetic codes determine brain development and how differences in brain structure cause dyslexia Chapter 2 explains the perceptual and emotional nature of dyslexia Chapter 3 describes the problems of poor central vision for reading and attention deficit disorders that often exist beneath the surface of dyslexia Chapters 4 through 6 describe the four most common subtypes of this learning difference visual dyslexia auditory dyslexia dysgraphia and dyscalculia Chapter 7 describes the emotions feelings and moods that trip up struggling learners with failure and low self confidence Chapter 8 tells about the nonverbal learning disabilities and social emotional learning disabilities that often accompany dyslexia Chapter 8 also presents strategies for developing effective social skills and learning to live independently Chapter 9 tells dynamic victory stories of how eight prominent adults overcame dyslexic challenges in their lives Finally the appendices provide assessment techniques to help teachers and parents identify types of dyslexia attention deficits and other kinds of differences that make classroom learning and social success difficult for 20% of our population *Mood Disorders* Michael J. Power,2004-01-30 Offers an up to date summary of the latest theory and practice in unipolar and bipolar mood disorders Focuses on innovations in both science and clinical practice and considers new pharmacological treatments as well as psychological therapies Also addresses suicide and attempted suicide depression and more For psychiatrists and psychologists Parents Who Help Their Children Overcome Drugs Barbara Cottman Becnel,1990 Offers steps to help parents through the family process of recovery includes breaking through denial and learning what it means to be a codependent paren WHO Guide to Mental and Neurological Health in Primary Care: A Guide to Mental and Neurological Ill Health in Adults, Adolescents and Children, 2nd Edition Rachel Jenkins,2004-03-02 Adapted for the UK with permission from Diagnostic and management guidelines for mental disorders in primary care ICD 10 chapter V primary care version **Ultimate Mind & Body Food** Bridget Jones,2002

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