EMOTIONAL INSTABILITY

Emotional Instability can be understood as disturbed patterns of thinking or perception. Individuals may feel "being on the edge" of the emotional spectrum, and may complain about experiencing excessive worry and/or anxiety in everyday life. This instability in emotions makes it difficult for caregivers to predict the levels of discomfort being experienced by the concerned person. Instability in emotions is common among teenagers and young adults. They report experiencing frequent mood swings, becoming impulsive and finding it difficult to take decisions. There are several factors that contribute to whether or not someone will develop emotional instability. These include genetics, mental health history (trauma), and exposure to substances.

Emotions can get the best of us sometimes, but that doesn't mean we can't develop healthier coping mechanisms. Some signs that one may be unaware of are sudden outburst of emotions, guilt caused due to the outburst and physical manifestations of the discomfort being experienced.

Additionally, it may not always be clear what or why one is feeling any emotion. Not knowing the triggers of these emotions can intensify it and one may start to worry about it having no solution. However, a few solutions to deal with emotional instability are as follows:

1. Sleeping for at least 8-10 hours every day.
2. Exercising for 45 minutes daily.
3. Eating healthy and at regular intervals.
4. Practicing Self-Care by doing what makes you feel relaxed and happy.
5. Having a routine to be followed daily.
6. Practicing mindfulness.
7. Meditating at least for 5 minutes to start with.
8. Spending time in natural surroundings.
9. Journaling emotions every day before bedtime.
10. Communicating about thoughts and feelings even if they are intense and worrisome.

Employing the solutions mentioned above would help us reinstate a sense of balance and healthy mindset over a period of time.

With best wishes,
Health & Wellness Department
Delhi Public School-Bopal, Ahmedabad