Mood swings

They're more common in some stages of life and in people with certain medical conditions, like:



Adolescence.



Conditions that affect blood sugar.



Medications.



Menopause.



Migraine.



Overactive thyroid.



Pregnancy and postpartum.



Premenstrual syndrome.



Sleep deprivation.



Some mental health conditions.



Substance use.



Traumatic brain injury.

Riding Those Mood Swings Custom Curriculum Ser

John Albert Sleicher

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