

It Depends on Your Mood!

Do you have trouble remembering things such as where you put your wallet or information for tests? Well, there is a way to improve your memory!

State-Dependant/Mood Congruent Memory- What you learn in one state/mood is often easier to recall when in that same state/mood

- For Example- If you are sad and you lose your keys, it may be easier for you to find your keys when you are again sad

State dependency/mood congruency CAN help you

- When studying for a test, keep track of what type of a mood you are in. then when you take the test, try and go back to that mood. This will help you recall information better



Your mood/state also determines how you interpret the actions of others.

- If you are in a bad mood and you notice someone looking at you, then you may interpret his or her friendly and harmless glance as a rude stare
- This could not only influence your opinions of others, but it may turn around and influence their opinion of you

