

8th Grade: Informational Writing
Writing Prompt: Moods

Have you ever been having a good day and then you hang around someone with a pretty nasty mood? Then your mood goes down a big downhill slope and you're left on the bottom having the worst day of your life. That is what experts call emotional contagion. In the article, "Is a Bad Mood Contagious?" it says, "Individuals subtly copy one another's nonverbal cues, including posture, facial expressions, and movements." Meaning, if you see someone else smile then you might smile too. Same thing with frowns. Then, because you smiled you now feel happy, and that's how emotional contagion works.

This phenomenon can become more affective when you are around the same people all the time. The article, "Is a Bad Mood Contagious?" says, "Recent research suggests that this type of mimicry is more common when the person... is someone close to you. This might be a family member, good friend or romantic partner." A good example of this is in the article, "Facebook Spreads Rainy-Day Blues to Sunny Places". It talks about how people who post negative things on their feed then there is a slight increase of negative posts from their friends. The same thing happens when someone posts something positive. The article also says, "... Rain increased the number of negative posts by 1.16% and reduces the number of positive posts by 1.19%" That means that the weather can affect your mood too, but that's not important. What is important is that you mimic and experience the moods of the people around you. So try and keep your attitude happy, so that the people around you will be happy.

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Has your mood ever brightened after friends have made a funny comment or laughed really hard? After someone close to you has yawned do you find yourself yawning shortly after? A person's mood can be affected by the emotions of others by spending time with those you closely relate to and posting a negative or positive comment on social media.

How a person feels is very dependent on the people they spend time with. From the article, *Is a Bad Mood Contagious?* it states that, "The contagious nature of emotions can become more intense when individuals are in frequent contact with one another". This shows that if you are in an angry mood your little brother or sister will more likely become in a grumpy mood as well. This is how it works. When you're spending time with a friend and they are in a bad mood you may find yourself copying their tone of voice, facial expressions, or even posture. Because your friend is sad you will also show sadness. This leads to others thinking and seeing that you are definitely not happy. They then adopt that behavior and soon, because of one person's mood, many people are not happy.

Another way that a person's mood can be affected by others is social media. From the article, *Facebook Spreads Rainy-Day Blues to Sunny Places*, it states, "By analyzing more than a billion Facebook status updates, the authors concluded that emotionally positive posts gave rise to more positive posts by friends. On the other hand, negative posts spawned more negative posts". Where do these posts come from? The answer is weather. Rain is considered a sad fonn of weather. When people posted on rainy-days they found that it increased negative posts by 16%.

As you can see, looking at friends who post positive or negative quotes tempts you to post the same type of thing, especially when it's raining. Instead of sending negativity around, send happiness. One post goes a long way.

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When you see someone yawning you automatically yawn. When you yawn it's like an instinct because you see someone else yawning. So when you think someone is looking at you yawn and if they yawn they were looking at you. When someone is sad and you see them you feel sad. When you know the person that you see it's called nonconsciousness mimicry and when you just see them and you don't know them it's mimicry. I say that moods are contagious.

When someone gets angry all you want to do is get angry back at them that's a bad mood that spread. When it rains negative thoughts are increased by 1.16%. When it doesn't rain negative thoughts are increased by 1.29%. When it's a rainy day all you want to do because it dark and cloudy and black outside. Just like the color black you wear black to a funeral because it sad and not supposed to be happy. When you post a photo of a rainy day or anything else it can spread across the world in 24 hours.

When it's sunny outside your parents always say it a sunny day outside go play vs. it raining you have to stay inside. Obviously the sunny day sounds more enjoying. When it not raining positive energy is increased by 1.75%. When it is raining positive is increased by 1.19%. So sunny weather is better weather. When you energized it mostly sunny outside. If you happen to see or hear someone laugh that's what you do laugh or smile. I say positive mood is better to have than a negative mood because moods spread to the people around you.

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Can your mood can be affected by the emotions of others. When you see someone coughing you reflexively know to steer clear of their germs. People say that there is a three-step process through everyone's feelings transfer to another person. Gary W.

Lewandowski said "you want to catch others goods moods rather than their bad moods." Your mood can change by you peers and family.

The three-step process through everyone's feelings transfer to another starts at involving nonconsciousness mimicry. Individuals subtly start to copy one another nonverbal clues. Including posture, face expressions, and etc. Now people may then experience a feed back stage. When you frowned, you now feel sad. At the final stage, people share their experiences until their emotions/behavior become synchronized. Sometimes Facebook and Instagram can be a part of these 3-stages. Some individuals blame their Facebook for what they their feelings. A lot of friends can be posting bad negative things to you that will make you sad or mad. Scientists have argued that the hugely popular social networking sites exerts an emotional "Spillover" effect. When you get a positive feedback you are more likely to have a happier and better mood for the day. What you say that is positive or negative can go all around the globe. What you say or do can affect everyone around you.

We all have different mood of your own but some time others can change what they are. Media is one of the biggest mood changers today. You can become happy or sad because of the way others feel. This can cause bullying because someone made that person sad. Try to make some one's day better by telling them nice not mean. One act can go a long way for someone else day, week, month, and year.

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When you see someone coughing you want to stay away from them, so you don't want to get the germs. Germs can spread just like mood. Scientist have study that Facebook is the blame because to many people are in a bad mood or in a good mood. Peoples mood can be affected by emotions. Whenever someone is cranky, if you hang around them you maybe will be cranky too.

Does Facebook put people in mood? Many people are blaming Facebook people that post emotionally negative messages. On rainy day your friends are 1.16% to posts something emotional. When someone sends something emotional may spread across the globe. In Facebook spreads rainy days' blues to sunny places It states "We should be doing ever thing we can to measure the effects of social networks".

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Moods are such wonderful things aren't they? They are such special things that we develop throughout the day. Ever heard the saying "Your morning is what determines your mood"? That is not necessarily true. Your morning could start out great, but then your day could just get worse from there. Or just the opposite could happen. Your morning could start out awful but good as the day goes on, which is what happens to me like every day. Seeing the people, you love can cause a great mood change. The reason being is that you love them, you love to be around them which makes you happy. Knowing that you have to get up early the next morning could cause a mood change, really anything can determine your mood. You can choose to let somethings affect you, or you can choose to not let them affect you. But it's all up to you to decide.

Sometimes your friends can post negative things on their social media that may make you feel bad for them. This however can affect your mood. This affects your mood by showing you something that is almost is the same thing happening to you which would put you in a bad mood. Or just the opposite might happen. Someone might post something that said something positive, which can have a positive effect on the way you were feeling that day. I know this has happened to me before. Social media can be like a rain storm. One negative post creates a storm that will hit social media before they even realize what is happening to it. Sometimes there's that one person who puts a stop to most of it by posting a positive message to the world (or known as the sun coming out). Positive posts have a greater influence and cause more positive posts, which is a good thing.

now let's talk rubbing off in person. Rubbing off in person is very similar. There is a three-step process that you sometimes don't even know it's happening. Article 1 states "The first stage involves nonconsciousness mimicry." Nonconsciousness mimicry is when you have no idea it is happening to you. We don't always observe what is happening to us in this state. The copy of what the other person is doing/verbal cues. This also may happen in the nonconsciousness mimicry stage. Next the feedback stage. "Because you frowned, you now feel sad." This has all happened to us before. In the last stage you probably start sharing experiences of your own that make you sad. By this time, you should realize that you are now sad. Or sometimes you don't even realize what you have done to yourself.