

WHAT IS TESTOSTERONE:



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Testosterone is a hormone that plays a significant role in male development. Testosterone production increases between 20-30x in adolescent males, which contributes to physical changes – facial and body hair, muscle development and a deeper voice.

HOW CAN IT AFFECT US MENTALLY?

There is also the assumption that testosterone can influence behaviour and mood – this is linked to aggression, sensation seeking and risk-taking behaviours, which can have adverse effects on wellbeing.



WHO'S IN CONTROL?

However, one thing to remember is that testosterone does not directly affect behaviour and mood. It is a hormone in which development aids in the expression of moods and behaviours.

IS TESTOSTERONE GOOD?

There are numerous other inputs which can derive these behaviours, but it is important to build resources and maintain adaptive ways to express this hormone in a positive and healthy way.



HOW TO HANDLE EMOTIONS POSITIVELY

- Disengage From The Situation.
- Call A Supportive Friend.
- Give Yourself Alone Quiet Time
- Put The Pen To Paper.
- Encourage Yourself To Feel