

[VIEW THIS EMAIL IN BROWSER](#)

# Individual Matters

Discover.  
Act.  
Grow.

Newsletter — April 2025 Issue

## Ticking Rats: Our Mood Affects Others

A group of scientists in Germany discovered that rats can be tickled and that they enjoy it. When tickled, the rats give off a high-pitched chirping/squeaking sound that can be heard through use of a special microphone. Their behavior and neuron activity also indicates they dig this activity.



Even more surprising, the studies revealed that the mood of the scientists affected the rats' responses to being tickled. If a scientist was in a bad mood, the rats did not respond with the same enthusiasm.

If a scientist's mood affects how much a rat enjoys being tickled, just imagine the impact our mood as teachers and

Research has shown that emotions and moods are as contagious as cold germs! The scientific term for this phenomenon is Emotional Contagion (EC). EC is when one person's emotions transfer to another. Anger, sadness, fear, enthusiasm, and joy are all highly contagious!

The takeaway is that your mood matters... So make it a good one! But how?

Click [HERE](#) for 5 Ways to Improve Your Mood in Under 3 Minutes – All you need is a mirror, pencil, and favorite dance song!

---

***Check out March Episodes of  
The Individual Matters Podcast***

***Curious Minds, Curious Kids: Parenting with  
Wonder — Rachel Poirier, Pear Tree Behavioral Health,  
Glenwood Springs, CO***



[WATCH ON YOUTUBE](#)

[CLICK TO LISTEN](#)

***Bridging Minds: How the Game of Bridge Empowers Neurodiverse Thinkers — Brian Reynolds, The Bridge Teachers, Los Angeles, CA***



[CLICK TO LISTEN](#)

---

“The best way to cheer yourself is to try  
to cheer someone else up.”

— Mark Twain

Wishing you a wonderful spring 2025!



**Dr. Katrina Katen**  
Clinical Psychologist



**Andrew Katen**  
Executive Director



Copyright (C) 2024 Individual Matters

Individual Matters® is a registered trademark of  
Individual Matters, LLC.

2530 E. Foresight Circle  
Grand Junction, CO 81505

Want to change how you receive these emails?  
You can update your preferences or unsubscribe

**Individual**  
Psychological and  
Diagnostic Services **Matters**