

WHY DO TALENTED PEOPLE DRINK ALCOHOL?

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Our civilization met alcohol more than 6,000 years ago, and since then it has become an integral attribute of the lives of millions of people and even entire cultures. Many of us have never wondered why we drink alcohol talented people, our friends, loved ones and ourselves. It's time to look into this. There are a few basic reasons for drinking alcohol: the desire to relax. Stress and nervous tension began to haunt modern man is everywhere. Sometimes you just want to forget about all the troubles and tune in to the "positive wave". But it is very difficult to change your emotional state quickly. In this case, alcohol drinks come to the rescue, which for a while allow a person not to remember about life difficulties. A try to become bolder. Getting drunk, such people feel like real heroes, capable of doing great things (talk to a girl, dance on the table, fight with the first person they meet, etc). There are also neglected cases, when even serious decisions (applying to work, business deal) a person takes only after a few glasses of alcohol. In this situation, alcohol removes psychological restraints, but does not solve the problem of unconfidence. Therefore, insecure people need to learn to act decisively without the help of alcohol, here alcohol is rather harmful than helpful. The percentage show that talented people drink more often than ordinary citizens. Why? Well, above all, they drink because of the fact that apart from their talent they are little adapted yet to anything. Hence misunderstanding, alienation of the world. There is discomfort in society... With all the ensuing consequences. A talented person is often smart. But it does not mean - beautiful, healthy, successful, in demand, as we would like. They drink because many are deprived of all this set of qualities. Drink and because of shyness. It is from the outside, looking at the person, you would think that he is not shy or confident, and in fact the person can wear a mask. They drink when the nervous system has been disrupted since

childhood. Such people are usually emotional, vulnerable, sincere. Since the nervous system and the mind are inextricably linked, any events and actions are reflected on both systems, and the person can not always cope with emotions. The insults inflicted by other people, especially women, related to men's health may affect a man's self-esteem and often remind of themselves. A person drinks when he understands and sees a lot, but cannot change the world. It is the intelligent and talented person who thinks about the structure of the world most, and if he disagrees with what is happening, he becomes uninterested in living. And alcohol becomes that life-saving means (in their opinion). However, if a talented person is in demand and he has no time to raise his head from the creation of his talented ideas, he does not need alcohol (as well as in the lives of ordinary people). Imperfections of the world plunge many talented people into the depression. And only fools think the government and the president are to blame. Many talented people are potential patients of psychiatric clinics, and relatives, and only relatives, friends and work help them to keep on. Being in a difficult life environment, and even worse - in a creative crisis, not every person is able to communicate in the way he does in a trivial situation. The smarter a person is, the more sincere in his search for truth, the more difficult his path is. And not always he can go this way, unfortunately. Both women and men drink alcohol. But statistics show that men are more susceptible to this influence. Why men drink more can be discussed with an example of stereotypes of behaviour of many people. Women are still more inclined to domestic activity. As a result of the arrangement of the "warm hearth", a woman should be a constant time at home. However, it is not always the case. Scientists proved, when a man begins to drink, in his body produces dopamine, which is commonly called hormone of joy. When drinking alcohol, in a man this hormone is released more than in a woman. Subsequently, continuous drinking leads to a lower amount of hormones and more alcohol is needed to form. Due to this fact, there is an alcohol addiction. The first time a person tries alcohol to satisfy interest. Feeling relaxed, moving away from your problems. That's why people drink alcohol after they try it for the first time. Besides, with alcohol, it is always more fun inside of a big company. This creates a stereotype that leads to a habit. Later psychological dependence is formed which is, along with the habit, becomes an integral part of life. Harmful attachment suppresses pleasure from another activities. As a result of hangover syndrome, a person's body becomes intoxicated. The condition is very serious, accompanied by unpleasant symptoms. To soften the state of health, the individual begins to

drink alcohol again. As a result, this develops into a prolonged drinking. The person who is in drinking bout is constantly hanging out. Coming to a sober state, due to dehydration and excess toxins in the blood, the general condition becomes unbearable. In the future, the best solution to this situation is the continuation of the banquet. As a result, it can be noticed that the frequency of alcohol intake leads to addiction. Alcohol addiction, alcoholism also chronicle alcoholism, chronicle alcoholic intoxication ethyllism, alcohol substance abuse et al. - chronic mental progressive disease, a type of substance abuse characterized by a predilection for alcohol (ethyl alcohol), with mental and physical dependence on it. Alcoholism is characterized by loss of control over the amount of alcohol drunk, increased tolerance to alcohol (increasing doses of alcohol required to achieve satisfaction), withdrawal syndrome, toxic organ damage, and failures in memory for particular events that occurred during the period of intoxication. Each of us has different reasons. Alcohol is a way to get away from problems, to get the illusion of not having them. Of course, the reason for taking alcohol is such its effects on humans, such as euphoria, drowsiness, false warming properties and others. Creative people either try to get away from problems as usual people or, because of their genius, understand a little more in this life, which causes a conflict of everyday life and their internal moral principles, affects creative activity. And since they are creative natures, usually with a subtle mental organization, the problem is in the cube. It is easier for ordinary people. They have one cause of alcoholism - to get away from problems. And everyone has their own problems.

I can say one thing in conclusion. Drinking or not drinking is everyone's business. It is necessary to take into account not only the volume, but also the quality of the drink, to prevent other serious consequences. The key concept here is moderation. A moderately consumed drink will create you a good mood and allow you to relax. Alcohol is not the answer. But not everyone has the willpower to overcome the problems. What you can not cope with – bringing a person back to life, the rest is solvable.

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