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How to Correctly Define Euphoria

Everybody feels various emotions even in a day, depending on physical and psychological health. Fear, happiness, sadness, and boredom are inseparable from everyday life and its events. Nevertheless, there is a spectrum of extremely rare feelings. Euphoria is one of these exceptional emotions. How can someone reach this state of bliss? What is the definition of this word?

Usually, people say “euphoria” to describe extreme joy and satisfaction. However, this term had a different meaning when it first emerged in English. Like many modern words, it originates from the Ancient Greek language: “well” and “to bear.” Together, they mean a state of overall wellness. Indeed, in the early 1700s, doctors used euphoria to describe a patient’s relief after a successful surgery. Throughout the next 250 years, the word’s general meaning remained the same. Finally, in the middle of the last century, psychiatrists gave euphoria additional context. Since then, society has begun associating this word with deviant psychological states resulting from illnesses or drug use.

Regarding public perception and popular culture, euphoria reminds most young people of the eponymous Netflix series from 2019. The name is undoubtedly concise since it perfectly sums up the plot. In a nutshell, a group of teenagers delves into the world of drugs, alcohol, and passionate relationships. So why do they decide to act like that? The reason is the same for all



characters. The teens desire to experience heavenly feelings. Unfortunately for them, a temporary cloud nine leads to disastrous long-term consequences.

So is it possible to reach euphoria without any extreme activities? Yes, even if a person lives a monotonous, stable life, they can go through delight at least once in a lifetime. Now everything depends on somebody's characteristics. Some people feel the excitement from the smallest things like a sunny day or a compliment. The others, contrarily, need a stronger stimulus to experience frenzy. Usually, happy events like celebrations, falling in love, graduating or winning a lottery cause a state of high spirits in a human. Such a massive effect partially originates from the rarity of joyful events. Once a person gets used to the emotional intoxication, the feeling fades away.

Generally speaking, euphoria stands for the extreme feeling of happiness and contentment. This emotion might be tricky to reach, but everybody still gets a chance to feel it. Although some might believe learning about such states is unnecessary, such knowledge is crucial for general development. All things that fall into the human's psychological spectrum affect their life somehow. Therefore, knowing something about how to become joyful can significantly improve overall well-being.

Meanwhile, another key aspect to remember is moderation. Overindulging in such intense mental states proves to be detrimental to a personality. Sadly, artificial sources of euphoria like drugs gave this beautiful concept a shady side. But, this term may regain its positive meaning in the future.



Works Cited

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