

The psychosomatologist called the constant feeling of happiness unnatural for a person

The doctor, psychosomatologist, founder of the largest community in psychosomatics in Russia, Ekaterina Tour, explained whether the state of permanent happiness is possible.

The expert noted that in modern society the concept of the so-called toxic positive. This is "imposed optimism", which prevents the adequate experience of the spectrum of various emotions.

According to the tour, joy and happiness is a short-term emotional state, and it cannot be permanent. Negative emotions are also important and natural for humans, and they cannot be hidden.

The expert noted that a person cannot always automatically "smile, forgive, laugh." "Joy and happiness are short-term states, and their repetitions make our life better. Constantly walking and smiling is at least strange. We also have negative emotions, they cannot be hidden in your pockets," the psychosomatologist emphasized.

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