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The Adrenaline Rush Of Winning And Losing

By Adel Awwad

Did you know that adrenaline and gambling have a lot in common? In fact, the thrill of winning can give you a major adrenaline rush. Yet, many people do not realize that adrenaline also reacts to a body's stress and when you gamble and begin losing (hey it happens), the adrenaline levels in your body still continues to affect you. Why? Adrenaline is secreted by glands in you body when you are experiencing both excitement and stress and therefore, when it comes to the thrill of winning or the stress of losing while you gamble, adrenaline is at play in your body.

Although adrenaline is in your body at all times in small, incremented doses, the adrenal glands secrete more adrenaline when you experience excitement or stress. So how do you know you are experiencing an adrenaline rush? When your heart starts beating faster, your eyes begin to dilate, and you are immediately put into a "fight or flight" mode. If you are winning at the tables, then you experience a kind of euphoria that accompanies an adrenaline rush and well, if you are down on your luck and losing, adrenaline will make you either feel like fleeing the tables or pressing forward and playing more.

In terms of winning, the adrenal rush can feel great! Conversely, in terms of losing, the adrenaline rush can have either a positive or negative effect on you—depending upon how you respond. For instance, if you are on a losing streak and you listen to the adrenaline telling you, "Hey, it's time to leave this stressful situation behind you," then the effects of the adrenaline rush that you experience will be positive. On the other hand, if you don't listen to your body's natural reaction to your losing streak and you continue playing because you keep telling yourself, "just one more game and I can win this thing," you could be in for a really uncomfortable experience.

Ultimately, how you react to an adrenaline rush is totally up to you. It is advised that you play wisely at all times and don't get in over your head. Stick to a budget, not matter what kind of streak you are on—win or lose. In the end, the enjoyment you will receive in gambling will totally depend on how intuitive you are, how in tune you are with yourself and how you play the game.

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Online Gambling – Keep Control

By Adel Awwad

Gambling can be addictive no matter where you are doing it – at a land casino, playing the lottery or at an online casino. Sometimes it is easier to get carried away at an online casino than at a regular land casino because you aren't actually handling money or chips, your money is all digitally displayed. Further, money can go fast when you are having fun.

As it is with all gambling, it is important to keep control when you are gambling at an online casino. By keeping track of your credits and cash and setting yourself honest limits that you adhere to, online gambling won't be a problem for you. Further, by setting limits on yourself for how much money you are willing to gamble and lose, you can keep control of your online gambling habits and make it a fun experience as it was meant to be. Gambling can be a lot of fun, a real adrenaline rush—especially when you are winning. There is an adrenaline rush when you are losing too, and that's when online gambling can get out of control and before you know it, you've spent much too much money, much more than you intended to gamble away. There are other precautions you can also take such as watching your drinking, not playing when you are tired and setting a time limit on each gambling session.

If you think you have a gambling problem, then please contact your local gambler's anonymous help group and get some help. It is so important not to let gambling run or ruin your life. "Just one more twenty/hundred/thousand dollars" is never something you should say more than you can afford to. Watch and keep track of what you are doing, how much money you are inputting into an online casino and keep the game and gambling experience fun for you and everyone.

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