



Is Impulsive Behavior a Disorder?

Next Luxury / Lifestyle

by — Nicky Cossins



We can all be impulsive every now and then, and in healthy amounts, it can be exciting. *Thrilling* even. But making every single life decision impulsively can be dangerous for you and others. If you find yourself unable to control impulsive behavior, even at the most inappropriate times, you could actually have a disorder that blocks you from being able to react rationally.

What Does It Mean To Be Impulsive?





"Impulsivity basically means that we are *reactive* instead of *responsive*," says [Dr. Caroline Leaf](#), world-renowned Neuroscientist, Mental Health, and Mind Expert. She explains that reacting involves little or no mind-management, or self-regulation. This can lead to poor decision-making, as it disrupts general functioning, potentially damaging the brain and body health from the toxic stress it creates. "Responding, on the other hand, involves self-regulated mind-management, that is the process whereby one's thinking, feeling and choosing is measured and controlled."

"Impulsivity can be a fun personality characteristic," says Dr. Ryan Drzewiecki, PsyD, Director of Clinical Operations at [APN Lodge](#). In fact, most of us actually look for a sense of impulsivity in a romantic partner for thrills. "Impulsivity can manifest as a benign proclivity toward sensation seeking, but at its more extreme can result in significant consequences and frustrations for the individual and for those around them."







What Causes Someone To Be Impulsive?




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According to Dr. Drzewiecki, a person's comfort level, enthusiasm, personality, and social environment are all factors that can lead to an enjoyable type of impulsive behavior. Being impulsive can't be put down to just one reason entirely because "everyone experiences impulsivity in varying degrees in different circumstances," says Dr. Leaf. "We all have triggers that can stimulate impulsivity," but there are some of us who are more prone to taking it too far.

"Extreme cases of impulsivity may be related to organic or neurological conditions that impact executive function. Conditions that impact the frontal lobe can have a profound impact on impulsivity," says Dr. Drzewiecki.

Impulsivity is one of the behavior patterns Dr. Leaf witnesses with patients who have battled with traumatic brain injuries, learning disabilities, dementia, and trauma. In general, impulsivity goes hand in hand with many cognitive, metacognitive, and communication issues.

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Why Are Some People More Impulsive Than Others?



"It's fair to say that everyone has the propensity to be impulsive in different areas and at different times," says Dr. Drzewiecki. Spontaneous decision-making is often associated with a person that's excited or happy – we've all taken a leap of faith with feel-good endorphins rushing through our bodies. Other circumstances people can feel impulsive in is when they have a passion for a task or when they have a lot of confidence in their ability to handle a situation.

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All these things have heightened emotions in common, which is when impulsivity typically makes an appearance. When we're so high on emotion, we don't think about the negative consequences that may follow, just how good it feels in the moment.

"Some people are more impulsive than others due to differences in personality and temperament, but

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this could be influenced by medications, substances, mental health conditions, defense mechanisms, and characteristic ways of dealing with stress,” he says.

When Does the Personality Trait Turn Into a Disorder?



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“A personality trait is defined as a habitual pattern of thinking, feeling, and behaving,” says Dr. Indra Cidambi, Medical Director at the [Center for Network Therapy](#). “You may consistently exhibit this trait, but it might not affect your quality of life or that of others, and it is possible to change it.” If you can recognize when it may be harmful to yourself or others and control it, you’re in the clear.

Dr. Drzewiecki explains that the primary consideration for any mental health diagnosis is distress or functional impairment, meaning that the individual is distressed about the pattern of behavior causing significant challenges in critical areas of their life such as work, health, and relationships.

Impulsivity is often used as a coping mechanism that can turn into a toxic habit over time if not managed. “What this means is that it can create, over time, a re-ordering in the mind and brain, or a predictive neural pattern that people revert to when triggered,” says Dr. Leaf. Patterns we use the most are the patterns we have “fueled” the most, which grow and become dominant to the point where they can rule our lives if we let them.

What Is Impulsive Control Disorder?



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Impulse control disorder consists of a group of conditions that affect an individual's control over their behaviors or emotions. According to Dr. Cidambi, Oppositional Defiant Disorder (ODD), Intermittent Explosive Disorder (IED), Conduct Disorder (CD), Kleptomania, and Pyromania all fall into the category of impulsive control disorder. "10% of the general population suffers from one of the impulse control disorders, and males are slightly more prone to impulse control disorders than females," she says.

What Are the Signs of Impulsive Control Disorder?



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- Sudden explosive anger or acts of violence
- Hair pulling
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- Stealing
- Compulsive lying
- Poor social skills
- Isolating oneself from family and friends

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How do You Treat Impulsive Control Disorder?

Become Aware of Impulsive Behavior

One effective way to manage impulsivity is through using the ability we have as humans to stand back and observe ourselves, our thinking, and our behavior. We can literally train ourselves to observe our patterns of behaviors, what we say and do, and the impact this has on ourselves and others. "I call this the multiple perspective advantage (MPA), which is a directed neuroplasticity technique that can help us calm down in the moment so we are less reactive, especially in heavy emotional situations," says Dr. Leaf.

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Whenever you feel the urge to be impulsive, take a step back and focus on your breathing to help calm your mind and rationalize your thought process. Our thoughts and responses can become distorted when triggered, which creates blocks of “tsunami” type energy in the brain. Using the MPA, along with a 10-second deep breathing pause (where you breathe in for three counts and out for seven counts), can collectively prepare the brain to respond more wisely by calming down the neurochemical chaos and this tsunami-type energy.

It does this by increasing the flow of blood and oxygen in the brain, especially the left and right frontal lobes, which helps us better control impulsivity in the moment. You can take more than one deep breathing pause if you feel you need to. Dr. Leaf recommends following this breathing exercise then revisiting the impulsive action with a clear head.

Change Your Impulsive Patterns

Dr. Leaf advises combining MPA with a very systematic mental process to drive the neuroplasticity of the brain and rewire the dominant, impulsive neural pathway that has become a habit/response pattern. “One way to do this is to use the five steps of the Neurocycle, which is a mind-management technique I developed during my 38 years of research and clinical application (for more on this see Dr. Leaf’s latest book [Cleaning Up Your Mental Mess](#), her app [Neurocycle](#), and [recent clinical trials](#)).”

The Neurocycle involves 1) *gathering awareness* of your emotions and behaviors; analyzing them by 2) *reflecting* to find the triggers; 3) *writing* this all down to make sense of why you were being impulsive, and 4) *rechecking* what your triggers were and then seeing what 5) *actions* you can take to help switch your reaction into a calculated and wise response. “Doing this over time will weaken the impulsive neural pathway, and, like my patients, you will find that it can make it much easier to control your impulsivity,” she says. You can do this alone, but combining it with MPA will give you the best results.

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Medication

“There are no FDA-approved medications developed specifically for impulse control disorder. However, several medications are used off-label to treat impulse control disorders,” says Dr. Cidambi. Antidepressants can treat irritability associated with impulse control disorder. A mood stabilizer may reduce the intensity of the anxious feeling that causes a person to act on an impulse.

Some people with impulse control disorders may even benefit from opioid antagonist, Naltrexone, as it may reduce the craving or urge to engage in impulsive behavior. “If an opioid antagonist causes a negative interaction with another medication, or if the body cannot tolerate it, NAC may be a possible alternative,” she says. But always speak to your doctor before taking any medication.







Psychotherapy

As we mentioned earlier, impulsivity can be used as a coping mechanism or be the response of an emotional trigger, and “psychotherapy can be helpful at uncovering the roots of these behaviors,” says Dr. Drzewiecki. Psychotherapy can help to resolve any issues you may have, so you no longer feel the need to react impulsively.



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When Should You Seek Help?

Dr. Cidambi insists that you should waste no time and seek help immediately if you're unable to stop impulsive behavior and find yourself harming yourself or others due to your behaviour. "If your family, friends, coworkers, or other social connections are concerned about your behavior, this is also a good sign that help may be important," says Dr. Drzewiecki.

If you have any concerns it's never a bad idea to consult with a professional – they can help you examine the problem and decide the best way to address it moving forward. In less severe cases of impulsive control disorder, you may be able to treat it yourself, but in extreme cases, you'll need support from medical professionals.

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Nicky Cossins

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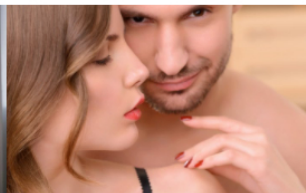
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Easy Men's Skin Care Routine Steps – The Basics You Need

Next Luxury / Men's Health And Fitness

by — Dale Hanstad

In Partnership with **Tiege Hanley**



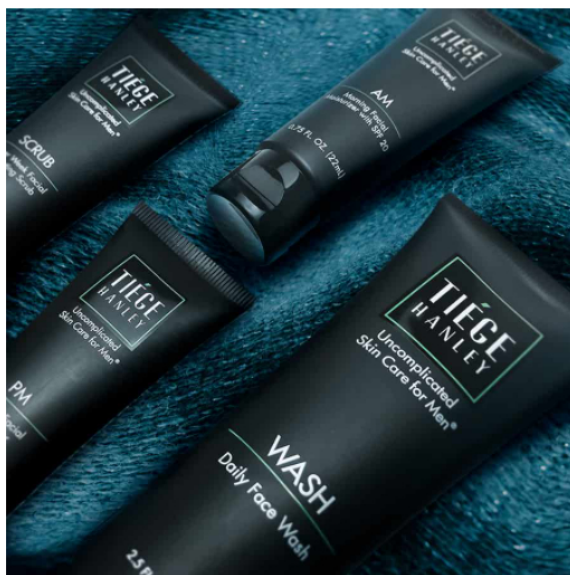
A great skin care routine should be at the top of everybody's to-do list these days, but some guys still find it challenging to get into one.

A lot of men get their skin care tips from the leading ladies of their lives. Unless they're professionals, take their advice with a grain of salt. A man's skin is different.

The truth is not enough guys are willing to talk to a doctor or dermatologist about their skin, which would be the most apt place to start, especially for serious conditions. They are also unaware that there are men's skin care brands making products just for them, like **Tiege Hanley**.

Breaking into the skin care routine game can be tough at first. It takes motivation, commitment, goals, effort, and a set schedule. If you start with a brand that helps you cover the basics of skin care routine steps and supports you, it becomes a lot easier.

Men's Skin Care Scaries



What steers many men away from skin care is the process of choosing multiple products from a seemingly endless catalogue of options. Many of them are expensive and nobody is sure which ones are actually necessary to get the job done.

It's a lot to handle, especially for a guy with very little free time.

Making time for skin health, however, is a good investment. Many problems that sprout up on a man's mug, such as acne, wrinkles, or spots, can be remedied with the proper routine.

The men who make the switch from hand soap to face washes, scrubs, and creams find themselves showered in compliments on their rejuvenated, younger, and refreshed looking skin.

In other words, if you're a rookie in men's skin care in need of guidance, we've partnered with **Tiege Hanley** to break down the basics.

Men's Skin Care Routine Basics

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MEN'S SKIN CARE ROUTINE BASICS

There are three basic steps you want to make sure you've got covered in your personal skin care routine: Wash, Scrub and Moisturize. We'll break each one down, and include some additional steps if you're ready to level up.

Wash: Facial Cleaners



First up is washing, which usually involves a facial cleanser. If you only get one thing out of this, remember to wash your face with something other than hand soap. Even body wash and bar soap isn't good for the job as facial skin is generally more sensitive than the rest of the body.

Avoid using skin care products that are heavily scented or colored, especially if they're not specifically made with skin care in mind.

Tiege Hanley's Skin Care System Level 1 offers a face wash to help clear your face of dirt, oils and grime. Their wash helps balance pH levels of men's skin and clears it for the next steps.

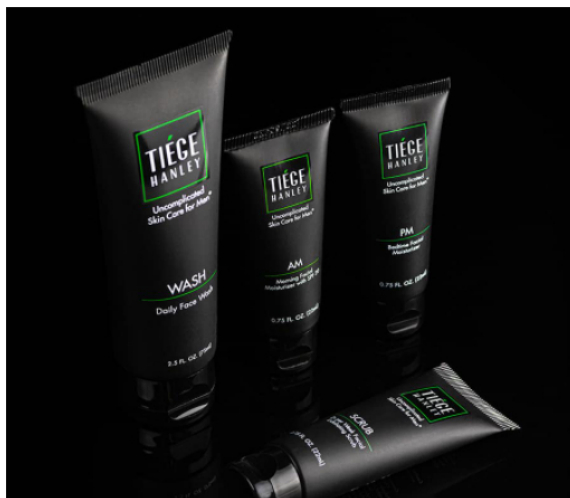
A face wash is the foundation for your whole skin care routine.

Scrub: Trusty Exfoliator

Next up to bat is an exfoliating scrub. An exfoliator is, in Tiege Hanley's words, "the bacteria buster." It works to clear your skin of dead skin cells and potentially harmful bacteria that causes breakouts and infections.

Luckily, **Tiege Hanley's Skin Care Systems** all include a scrub that will get you to smoother, softer, and healthier skin.

Make sure to give your skin a break between scrub sessions. Scrubbing everyday can be too tough on the skin and leave it pretty dry. Tiege Hanley recommends theirs to be used twice a week.





Moisturize: Morning and Evening Moisturizers

A moisturizer is sure to help things along in the skin health and appearances department. The right moisturizers help to soften skin, reduce wrinkles and crow's feet, reduce inflammation and redness, and firm up your skin.

A solid skin care routine will have daily AM and PM moisturizers. Morning ones, like the one **Tiege Hanley** offers, contain sunblock (SPF) to protect against the damage the sun causes to skin. If your morning moisturizer doesn't contain SPF, it might be time for a switch.

Protecting your skin against sun damage is another men's skin care basic step that you need to be aware of! This will help your skin stay younger-looking for much longer.

The general rule of thumb on wearing a morning moisturizer with SPF is that you should wear it every day no matter what. Apply it when it's cold or cloudy. Just use it!

Evening creams, also known as PM creams and night creams, are designed to soothe, comfort and hydrate all night long. They keep your skin from drying out overnight and fresher in the morning.

Try not to make it a one or the other situation. Find time for both creams to appreciate the full benefits that come with a well-established men's skin care routine.

Your Next Skin Care Steps



Once the basics are covered, advanced options pave the way for upgrades: addressing more specific skin concerns.

These include skin issues like dark eye circles, puffy eyes, skin brightness and more than your basic routine might not be covering.

Tiege Hanley actually offers some upgrades to their Level 1 System. **Skin Care System Level 2** offers an eye cream that helps address under-eye bags, crow's feet, and dark circles in addition to their basic skin care products.

Skin Care System Level 3 adds a smoothing serum to the mix to help reduce fine lines and wrinkles in addition to the other two systems' products.

These add-on products are where men often tend to check out of skin care because it seems like a lot. The key for this part of your skin care routine is to think about your skin's needs and the issues you face, then search out products that address them.

You can find both systems through the links. Tiege Hanley is also offering a **free gift** for our readers with the purchase of your first box.

A Full Skin Care Solution in Tiege Hanley



We've already been sharing it throughout the basic steps, but if you haven't caught it yet, **Tiege Hanley** offers a full skin care routine in three easy-to-follow steps that cover the basics. This complete routine sets the stage for clearer, healthier skin.

Tiege Hanley built their system around the basic skin care steps every guy needs: WASH, SCRUB (exfoliate), and MOISTURIZE. From there, they add the optional System 2 and 3 upgrades.

Tiege Hanley's system is not complicated and cuts back on the men's skin care confusion and time lost in the bathroom. When it comes to skin care, self-care, and the daily routine, every minute counts.

While it's great that many more guys are getting into skin care routines, they might not be getting the best advice or solutions from their network of friends and family.

What one person uses might be right for them, but may not be right for you. That's why it's important to seek out brands that know what they're doing and even consult with a dermatologist.

The **Tiege Hanley Skin Care System** gives you a simplified starting point to cover your skin care basics. The customizable options ensure everybody gets what they need.

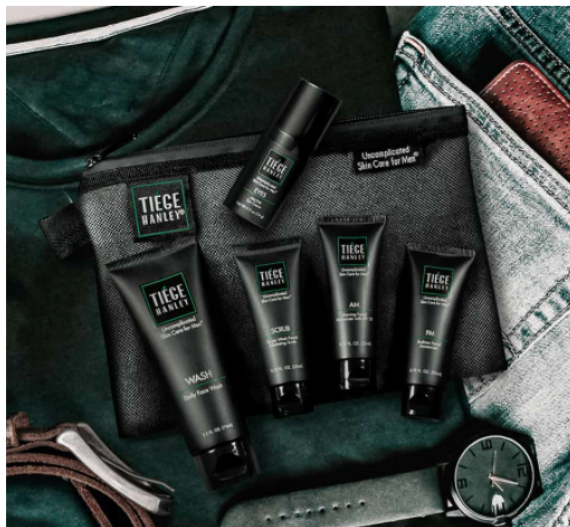
All that's left to do is to choose a level and put the routine in place. Let's review one last time:

Tiege Hanley Level 1: Covering Skin Care for Men Basics

This provides a complete system for you to get started. The **Level 1 version of the Tiege Hanley Skin Care System** gets you going without feeling like you've left something out.

It's got the daily cleanser we talked about to help clean and prep your skin, an exfoliating scrub to get rid of bacteria, and AM/PM moisturizers to keep your skin healthy and smooth.

Tiege Hanley Level 2: Combatting Trouble Spots





Tiege Hanley Skin Care System Level 2 has everything from Level 1, plus an eye cream to help address those extra concerns you might have there.

It's important to use products that are specifically made for the skin around your eyes because it's generally more sensitive.

If your eyes have been looking more tired lately, start with level 2 from Tiege Hanley.

Tiege Hanley Level 3: Reducing Fine Lines and Wrinkles



"Aged and rugged" certainly is a look anybody can sport with pride, but that phase of a man's life shouldn't arrive early.

The **Tiege Hanley Skin Care System Level 3** includes the Facial Firming Serum as well as the items listed in Level 1 (facewash, scrub, AM/PM moisturizers) and Level 2 (eye cream), offering a well-rounded approach for a simplified men's skin care routine.

The Men's Skin Care System has been developed by Tiege Hanley with the intent to help men look and feel great by providing a no-hassle and affordable option.

Keep Your Routine Simple

Using a singular skin care system is a good idea to avoid mixing products whose ingredients might not react well together. Using a full system, like the one from Tiege Hanley, means that the products have been tested together and formulated to work in tandem.

Using one product or products from a bunch of different brands isn't going to help you achieve and maintain amazing skin.

When buying a full-system offered by one qualified company, a lot of the messy math is cut out of the equation, making healthy-looking skin suddenly a lot more attainable.

If you're looking for an affordable and complete system that gets you started with skin care basics, **Tiege Hanley** is a good place to start.

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A self-proclaimed renaissance man, Dale writes on both the banal and all things de luxe. An expert on leisure, he has a master's in recreation, sport, and tourism.

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The 10 Best Gins Under \$100 To Try in 2021

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Next Luxury / **Food And Drink** — by Jono Elderton

Gin brands are evolving to keep up with drinkers developing fondness for interesting tasting drink options. Distillers are creating more accessible varieties. Independent craft producers and big gin companies alike are emphasizing eclectic flavors, new botanicals, and distinctive production methods, mirroring the shifts of other spirits such as vodka, tequila, and whiskey.

The best gins under \$100 showcase great bottles with a flair for unique distillation and cool flavors. These expressions will help premium gin take pride of place in your home bar.

1. The Botanist Islay Dry Gin

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The Botanist gin brand was born out of the world-renowned Bruichladdich Distillery, one of the many famous whisky producers on the Isle of Islay. Former Bruichladdich Distillery Master Distiller Jim McEwan wanted to express the heart and soul of the remote Scottish island of Islay, but with a modern gin much different from traditional Scotch whisky.

Botanist Gin was given life with the help of professional botanists Dr. Richard and Mrs. Mavis Gulliver. They were instrumental in the selection of the herbs, leaves, and flora that would eventually make up the 22 unique botanicals that are infused in The Botanist Gin.

The expert crafting and choosing of herbs combined with the precise distillation process creates a remarkably smooth premium gin, effective for a simple gin and tonic water, or for use in a classic gin cocktail such as a Negroni or gin martini. The Botanist is the only gin distillery in Europe that is B Corp Certified, adhering to their detailed standards of social and environmental performance, accountability, and transparency.

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2. Beefeater Gin Burrough's Reserve



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Beefeater London Dry Gin is famed for being a clean, uncomplicated dry gin catering to all palates at an affordable price. But rather than add that one to this list, I've opted for the more expensive and highly sought-after limited release Burrough's Reserve bottle.

Burrough's Reserve is described as a "gin for free thinkers," and is distilled in 268-liter small batches and then aged in former Lillet aperitif wine barrels. If you're a fan of traditional gin, then this premium version of Beefeater Gin is a great drop served neat or over ice with a little lemon peel.

3. Barr Hill Gin Gift Pack

[Check Price](#)

Barr Hill Gin is our ode to the hardworking bees of the Northeast. Each batch is distilled in botanical extraction stills, where the juniper berry botanicals are balanced by flora and raw honey. With the Barr Hill Tom Cat, Old Tom gin is aged in new American oak barrels after distillation to create a bolder expression, where the oakiness mingles with the stickiness of juniper and a touch of raw honey.

This classic artisanal gin gift pack comes with 375 ml of each spirit. Either taste would suit an experienced gin lover, however, I'd recommend the Old Tom gin neat and the Traditional gin with tonic water or in a gin cocktail like a Negroni. The gift pack also comes with a 1 lb jar of Barr Hill raw Northern honey, the ingredient that makes Barr Hill Spirits unique.

4. Broker's Gin



[Check Price](#)



Broker's is an award-winning gin brand with an old-school personality, embodied by the bowler-hatted gentlemen on its label, which reflects England's historical position as the home of gin. Broker's Gin is made in a 200-year-old distillery in the heart of England and uses a traditional copper pot-still to create a quadruple-distilled pure grain spirit, made from English wheat redistilled with 10 traditional botanicals.

Broker's is a classic craft gin, with a well-made but traditional flavor made specifically for the traditional gin drinker. Enjoy it simply with tonic water and citrus peel, or fresh cranberry juice.

5. Plymouth Navy Strength Gin



[Check Price](#)



Plymouth Gin is batch-made with natural botanicals in a single copper pot-still installed during the Victorian era at the oldest working gin distillery in England. Plymouth Gin has long been associated with the British Navy, with the 57% alcohol by volume (ABV) further embodying this hard-working, heavy strength influenced gin (in much the same vein as [Pusser's Navy Rum](#)).

The spirit's strength amplifies the aroma and fragrance of the botanicals yet retains the smooth and balanced character Plymouth Gin is renowned for. While no doubt a tasty classic gin spirit when drunk straight, Plymouth Navy Strength Gin is arguably better served in a gin martini or modern aviation cocktail, by dint of the power in each serve.

[See more about - The 10 Best Gins Under \\$50 To Try In 2021](#)



6. Hendrick's Midsummer Solstice Gin



[Check Price](#)



Hendrick's Gin Midsummer Solstice bottle is a delightfully floral gin that is a lighter and more crisp take on Hendrick's house style. Hendrick's Gin is a Scottish gin that has topped our other gin lists for its quirky botanical sensibilities, the result of combining two different spirits from rare and unusual stills to create a smooth and unusual flavor.

The Midsummer Solstice Hendrick's Gin adds another dimension to the signature cucumber & rose finish by adding the aroma and taste of summer flora to the mix. It's a tremendous Scottish gin made for a summery drink indulgence, straddling the line between craft gin and classical

dry gin taste profiles to provide a great base for combining with sweet citrus flavor or more tart grapefruit peel.

7. HH Bespoke Gin



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Harlem Haberdashery Bespoke Gin is a remix of a traditional London Dry style gin with moderate juniper flavors upfront that is balanced by an infusion of lavender, rosehip, beach plum, and cranberry. HH bespoke gin mixes well with everything from simple tonic water to stronger bitter or sweet flavors, from grapefruit peel and orange to the tartness of real cranberry juice.

HH Bespoke Spirits are created by the family behind the Black-owned and operated award-winning boutique [Harlem Haberdashery](#) and celebrity custom clothing and accessories business [5001 FLAVORS](#). If modern gin is not your thing, HH Bespoke Spirits also rock vodka and rum spirits are well worth sampling.

8. Bombay Sapphire London Dry Gin





Check Price



Bombay Sapphire Gin is made with a unique combination of botanicals and named after the famous “Star of Bombay,” a 182-carat sapphire that’s considered one of the finest jewels in the world. Affordable and approachable, the Bombay Sapphire traditional London dry gin boasts 10 exotic botanicals from around the world to create a spirit rich in the flavor of juniper, citrus coriander, black pepper, and spices.

If you’re a gin lover that’s looking for something slightly different, you may want to try [Bombay Sapphire East Gin](#), a tasty variation on the standard expression which is created using 12 East Asian botanicals such as Thai lemongrass and Vietnamese black pepper.

9. Two James Barrel Reserve Old Cockney Gin