

WHY YOU SHOULD RECONSIDER YOUR DRINKING

SOMETIMES PEOPLE DRINK ALCOHOL TO



forget their
worries



manage stress



numb emotional
pain



stop feeling
depressed

Sometimes people drink to cope with stress or because they feel low, perhaps because the first effect we experience when drinking is a buzz.

We cannot avoid the depressant effects of alcohol.

Sometimes we drink more, wanting the buzz to stay. However, the higher levels of alcohol cause the depressant effect to get bigger.

This puts us at risk for bad outcomes, like loss of consciousness, blacking out, suicidality, accidental injury, and death.

Binge drinking is defined as more than 4 drinks in one sitting for women, or more than 5 for men, in two hours.



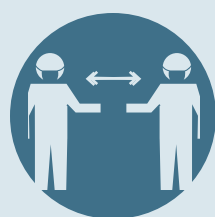
Binge drinking changes brain function, causing mood swings and behavior changes.



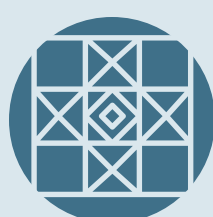
If you choose to drink,
drink in moderation.

Men: limit alcohol to 2 drinks/day.
Women: limit alcohol to 1 drink/day.

RETHINKING WELLBEING: FIND A HEALTHY WAY TO COPE



Connect, by using safe ways (phone, socially distanced with masks).



Learn something new about your culture.



Try a new type of exercise.



Spend time outdoors.



Be patient with yourself and others – changing behavior takes practice.

There is no shame in asking for help. Professionals can help talk through tough situations.