

# Alcohol Abuse

## Strategies to Help you Drink Responsibly

- Set a limit on how much you will drink and stick to it
- Moderate your use
- Alternate alcoholic and non-alcoholic drinks
- Eat before you drink
- Don't go out alone. Stick with friends you trust
- Don't drink because you're emotional
- Don't ever drink and drive!

### *Questions?*

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When students begin their college careers, they are faced with new environments, new people, new responsibilities, and new challenges. A common challenge on most campuses is drug and alcohol abuse. Students often face temptation to use substances on a regular basis. The most common of these substances is alcohol. Students drink for many reasons. Some may drink because of social pressures, while others may drink to avoid uncomfortable situations or feelings. Regardless of reasons, students who are not careful with their drinking habits risk developing serious alcohol problems.

### When is Drinking a Problem?

- When you prefer to drink alone rather than with others
- When your drinking causes problems in school (e.g., missing class/assignments)
- When your drinking causes problems with friends & family
- When you drink to the point of having blackouts (losing time, memory)
- When your drinking causes you to do things you normally would not do
- When you drink to escape your problems
- When you need more alcohol to get the same effects

### **Possible Effects of Alcohol on the Body and Mind:**

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- Impaired reflexes and muscle control
  - Loss of memory/time
  - Unconsciousness
  - Impaired judgment
  - Damage to bodily organs
  - Decreased concentration
  - Irritability/Anger
  - Impulsiveness
  - Feelings of sadness
  - Headaches
  - Sweating / increased heart rate