



Is Alcohol Hurting You or Someone You Know?

What to do when the occasional drink with friends has become a “must have” and stopped being enjoyable.

When was the last time you had a really good night's sleep?

While it may have started as a nightcap to aid sleep, drinking alcohol at bedtime can set up a vicious cycle of poor rest and difficulty waking. Is it hard to get up in the morning, or to make it to work on time? Have you missed work completely? Your sleep schedule could be impacted by alcohol use.

Have you noticed weight changes?

Alcohol contains a lot of calories and very little nutritional value. Many people pass on the dinner roll, baked potato or dessert to avoid extra calories, but they forget to account for the additional calories in adult beverages. In addition to extra calories, alcohol is also known to stimulate your appetite which may derail fitness and weightloss goals.

Are you often short on money?

Alcohol is expensive. Have you thought about what you actually spend annually?

Is there a lot of conflict in your life?

Are you noticing problems with friends and family? Have you broken up with your significant other? Sure, everyone argues with friends, family or co-workers now and then, but if it's happening often you should ask yourself whether or not alcohol plays a role.

12 pack of beer a night @ \$9
\$3,285/year

Glass of wine a night @ \$9
\$3,285/year

A mixed drink or shot @ \$8
\$2,920/year

Average cost of first DUI
\$10,000

Learn more about recovery by visiting
ndhb.com/Resources/SubstanceUseCenter

APRIL IS *Alcohol Awareness Month*



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