



Plan of the Week Notes

Week 1

June is Drink Responsibly Month. Are you a responsible drinker?

One of the biggest deterrents to readiness and a cohesive home life is excessive alcohol use. Overindulging in alcohol can sneak up on you. Follow along with the below example. After about two months in the military, Mike began drinking. He would frequently go out and get drunk. Mike began drinking every weekend and found he was less inhibited while drinking and his worries faded away. He grew a group of drinking buddies. Several times over the last month, Mike has had a hard time remembering how he got home and is having a difficult time limiting his alcohol. Even his buddies have mentioned that maybe he should slow down a little. If this describes you, be aware of the signs that you may be drinking too much. The signs include: hiding the amount you drink, feeling guilty about your drinking, difficulty remembering what you did while drinking (what you said, did or how you got home), regularly drinking more than you intend and those close to you voicing their concern about your drinking habits.

If you are not sure your drinking is a problem, complete the **anonymous** alcohol screening at:
<http://www.militarymentalhealth.org/blogscreen>

At any point, if you recognize that alcohol has become too big of a player in your life, talk to the chaplain, your medical provider, Drug and Alcohol Program Advisor (DAPA) or your leadership.

The HelpGuide is another useful resource on alcohol:

http://www.helpguide.org/mental/alcohol_abuse_alcoholism_signs_effects_treatment.html

Week 2

Alcohol-impaired (Blood Alcohol Concentration of .08 g/dL or higher) **drivers between the ages of 21 and 34 years old account for 42% of those involved in fatal crashes.** It only takes ONE time of drinking and driving to crash. Choose to Drink Responsibly and don't drive while under the influence. For more information, go to the CDC:

http://www.cdc.gov/motorvehiclesafety/impaired_driving/impaired-driv_factsheet.html



Week 3

True or False: To sober up, drink coffee or take a cold shower.

FALSE: Caffeine or a cold shower may make you more alert but does not improve your coordination and the slower response time associated with alcohol use. Stay safe; don't operate any tools or a motor vehicle (automobile, motorcycle, etc.) after you've been drinking.

True or False: Drinking alcohol has little to no impact on my overall health.

FALSE: Drinking alcohol impacts brain function, compromises motor skills, and can lead to risky behavior such as unplanned sexual encounters which can increase your risk of sexually transmitted infections or unintended pregnancies. Potentially, long term health outcomes include liver disease, stroke, certain types of cancer, and psychological disorders. For more information, go to the National Institute on Drug Abuse:

<http://www.drugabuse.gov/drugs-abuse/alcohol>

Week 4

Drink Smart. If you do drink, have a plan before you start. Responsible drinking includes planning ahead for a designated driver, ignoring the possible pressure to keep up with your friends, staying away from drinking games, and eating before you drink. For other tips on cutting back or quitting, go to the website, Rethinking Drinking, a resource provided by the National Institute on Alcohol Abuse and Alcoholism:

<http://rethinkingdrinking.niaaa.nih.gov/Strategies/TipsToTry.asp>