



## WELLNESS ACTIVITY

### Am I drinking too much?

It can be difficult to recognize signs that your drinking habits are cause for concern. You might not have a drinking problem now, but your habits might be leading you in that direction. These questions from the National Institutes of Health can help you identify red flags in your drinking habits.



In the past year, have you:

- \_\_\_ Had times when you ended up drinking more, or longer, than you intended?
- \_\_\_ More than once wanted to cut down or stop drinking, or tried to, but couldn't?
- \_\_\_ More than once gotten into situations while or after drinking that increased your chances of getting hurt (such as driving, swimming, using machinery, walking in a dangerous area, or having unsafe sex)?
- \_\_\_ Had to drink much more than you once did to get the effect you want or found that your usual number of drinks had much less effect than before?
- \_\_\_ Continued to drink even though it was making you feel depressed or anxious or adding to another health problem or after having had a memory blackout?
- \_\_\_ Spent a lot of time drinking or being hung over?
- \_\_\_ Continued to drink even though it was causing trouble with your family or friends?
- \_\_\_ Found that drinking — or being hung over — often interfered with taking care of your home or family or caused job troubles?
- \_\_\_ Given up or cut back on activities that were important or interesting to you, or gave you pleasure, in order to drink?
- \_\_\_ More than once gotten arrested, been held at a police station, or had other legal problems because of your drinking?
- \_\_\_ Found that when the effects of alcohol were wearing off, you had withdrawal symptoms, such as trouble sleeping, shakiness, restlessness, nausea, sweating, a racing heart, a seizure, or sensed things that were not there?

These symptoms can be signals for a drinking problem which may become an alcohol use disorder.

You can take steps to cut back or quit drinking. Talk to a health care professional or your company's employee assistance program, or call an alcohol addiction hotline, for more information. ♦

