

AVOID RISKY SUBSTANCES

The overconsumption of alcohol increases the risk of many chronic diseases and even death. Tobacco use in the United States has led the death of nearly 500,000 Americans annually due to tobacco-related diseases. Limiting or avoiding toxic substances such as alcohol and tobacco can significantly improve your health and minimize the risk of preventable health complications.



Short Term Effects:

- Slowed reaction time
- Impaired judgement and decreased motor control
- Nausea, stomach irritation, and inflammation
- Broken capillaries
- Decreased pulse and respiratory state

Long Term Effects:

- Memory impairment
- Lowered disease resistance and immune system function
- Weakened heart muscle
- Elevated blood pressure
- Chronic inflammation of stomach and pancreas
- Increased risk of some cancers, such as liver, esophagus, stomach, and colon

Effective Treatment Models

- Counseling—individual, group, telephone, can be many quick visits or longer more intense visits
- Medications (anti-relapse)
- Counseling plus medication

Resources

- National Quit Link—1-800-Quit-Now
- SmokeFree.gov—<https://smokefree.gov>
- Alcoholics Anonymous—www.aa.org
- Secular Organization for Sobriety—www.sossobriety.org

PROGRESS - Better Version of myself:

You are here and you are committing to progress.

Assess - Evaluate current substance use habits and think about how you would like things to be different.

Purpose - Find your why and your reason for wanting to make a healthy change.

Prioritize - What do you need to do to make avoiding risky substances a priority in your life?

Mindset - Determine how you will choose to think about your change efforts.

Game Plan - Determine what is required and what strategies would yield the great return/reward. Set a specific, measurable, attainable, realistic, and time-oriented goal to reach for.

Action - Put the game plan into motion and implement strategies you came up with to help you achieve your goal.

Reflect - Think back on what you accomplished and what you learned from the experience.

Improve - Continue to progress and consider using this strategy to improve in another area of your life.

Lead - Lead by example and serve others. You are able to demonstrate to others what is possible and have a positive influence on them.