



Be aware of harmful alcohol-related behaviors.

Do you find you are drinking greater amounts of alcohol in order to feel a way that you desire, or to escape negative emotions? Do you continue to drink even though you realize that it has a negative effect on your health and mood? Is alcohol use causing strain on your relationships? If so, a commitment to stop or cut back on your drinking is most likely in order. The healthiest habit to adopt regarding alcohol is to reduce consumption as much as possible or to stop altogether. Start using stress and anger reducing methods such as deep breathing, mindfulness techniques, meditation and exercise. This will help you avoid leaning on alcohol to deal with your stress.

Unhealthy amounts of alcohol intake for men's psychological and physical well-being is the equivalent to more than 2 drinks a day or more than a total of 14 drinks in a week.

For women, unhealthy amounts of drinking equals 7 or more drinks per week.

Reach out to your EAP to find additional support with this year's resolution.