

Alcoholism



Consumption of alcohol can lead to alcohol use disorder.

This is what might be termed as “**alcoholism**”.

Lenga Tei!

Kaa rada

Say No to Alcohol

Alcohol addiction is a self destruction

cbm
together we can do more

BasicNeeds

NOUS CIMS

For more information Contact:

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#NotOkayIsOkay



What is Alcohol Use Disorder?

Alcohol Use Disorder is a pattern of alcohol use that involves;

1. *Problems controlling your drinking*
2. *Being preoccupied with alcohol*
3. *Continuing to use alcohol even when it causes problems*
4. *Having to drink more to get the same effect*
5. *Having withdrawal symptoms when you rapidly decrease or stop drinking.*

What is Alcohol Misuse?

Alcohol misuse is when your drinking habits become harmful to oneself and those around, or when you're dependent on alcohol.

Myths and misconceptions

- ❗ I can drink and still be in control.
- ❗ Drinking isn't all that dangerous.
- ❗ I can sober up quickly if I want to.
- ❗ Drinking alcohol makes one cooler than being sober.
- ❗ I can drive well after a few drinks.
- ❗ Alcoholism is not as severe as other drug addictions.
- ❗ Alcoholism is a character flaw, not an illness.
- ❗ Beer and wine are less intoxicating than spirits.
- ❗ Drinking in moderation is good for your health.
- ❗ The only way to get better is to hit "rock bottom".
- ❗ You can sober up by taking a shower or drinking coffee.
- ❗ You can reduce your chances of hangover by taking aspirin before you drink.

How do you get to be an alcoholic?

Alcoholism occurs when you drink so much that your body eventually becomes dependent on or addicted to alcohol. When this happens, alcohol becomes the most important thing in your life.

People with alcohol use disorder will continue to drink even when drinking causes negative consequences like losing a job or destroying relationships with people they love.



Risks predisposing one to suffering caused by drinking alcohol/addiction

- ❗ When you're a young adult experiencing peer pressure
- ❗ Have low self-esteem
- ❗ Experience a high level of stress
- ❗ Live in a family or culture where alcohol use is common and accepted
- ❗ Have a close relative with alcohol use disorder

Effects/results of alcohol use

- ❗ Mental health problems like depression, bipolar disorder and social anxiety.
- ❗ Sedation.
- ❗ Loss of memory.
- ❗ Lack of balance while standing.
- ❗ Impaired vision.
- ❗ Leads to coma.
- ❗ Life threatening suppression of the breathing system.
- ❗ Severe decrease in heart rate.
- ❗ Death
- ❗ Drunk and disorderly.
- ❗ Accidents
- ❗ Personal physical harm.
- ❗ Problems with the law both country and university.
- ❗ Suspension from school.
- ❗ Seclusion and loneliness.
- ❗ Dropping out of school.

Effects/results of alcohol use

- ❗ Refuse alcoholic drinks and ask for something non-alcoholic when socializing.
- ❗ Don't stock alcohol in the hostel.
- ❗ Avoid drinking when you are emotional or upset.
- ❗ Avoid drinking after a stressful or tiring day and deal with the stress by exercising or other healthy activities.
- ❗ Stay away from friends and colleagues who drink excessively.
- ❗ Avoid socializing at bars; instead, plan activities with friends at places that do not sell alcohol.
- ❗ Treat yourself and use the money saved to do something you love or buy something you want but not alcohol.