Alcohol Use Awareness

Director for the National Institute on Alcohol Abuse and Alcoholism, George F. Koob, Ph.D., notes that it is good to be aware of our drinking patterns and the role that alcohol plays in our lives. He presents questions one can use in having greater awareness of alcohol use including:

- Is your personal or work life deteriorating because of drinking?
- Have there been times when you drank more, or longer, than you intended?
- Are you drinking to feel better?
- Are you drinking to cope with stress or other problems?
- Do you feel anxious or irritable without a drink?

Information and many resources are available for prevention, and for when to seek professional help and treatment. One resource that NIH (National Institute of Health) offers is a publication called **Rethinking Drinking-Alcohol and Your Health**. It gives general information on alcohol use, alcohol related consequences, and how alcohol interacts with medications. For this full article with resources, **click here.**