

wellnessNEWS






Ideas to help you *LIVE WELL* from the ENCANA WELLNESS CENTRE

if you choose to drink

Many social situations involve the use of alcohol. When used appropriately and in the right setting, alcohol may enhance the enjoyment of an occasion. However, it is by no means an essential requirement for having fun. If you choose to drink, consider each situation individually. Ask yourself some questions. Will you have to drive? Will you have to get up early the next day? Are you pregnant, breastfeeding or trying to conceive?

How to help a friend with a drinking problem








(Source: Bacchus Canada brochure "How to help a friend")

-  Plan what to say. Approach the conversation with a list of concerns and possible solutions.
-  Have an open discussion. Invite your friend for a private conversation in a comfortable setting, where there is no alcohol, to ensure you have his or her full attention. Ensure you are neither critical nor judgmental.
-  Be a good listener. Allow your friend to speak candidly, and respond with compassion and without judgement.
-  Be considerate and avoid accusation. If the discussion becomes tense and frustrating, calmly suggest that it be continued at another time.
-  Anticipate denial. Denial is a natural reaction when confronted with an issue that is not seen as a problem. Do not force your friend to seek professional help because he or she may not be ready. An important first step is to start the conversation with your friend, and to indicate that you care and are willing to talk about this issue.

Too much alcohol – what are the signs?


(Source: Bacchus Canada brochure "How to help a friend")

If you notice several or even a few of the following traits in a friend, he or she may have a problem with alcohol.

-  Decline in academic performance (misses classes, fails to hand in assignments, or attends classes hung-over or intoxicated).
-  Change in work habits (frequently late, misses work completely, or job loss due to the effects of alcohol).
-  Change in social behaviour - no longer enjoys the same activities.
-  Increased desire for social activities that include alcohol.
-  Isolation from friends and family.
-  Over consumption of alcohol to the point of physical illness or blackout.
-  Has sustained physical injuries or displayed violent behaviour while intoxicated.

 **79%**
About 79% of people over the age of 15 drink to some extent.

(Source: www.aadac.com)

83% 
of MRC students always or mostly use a designated driver when going OUT. (Source: NCHA Spring 2006)

Who can help?

On campus: Student counselling @ 440.6362

Off campus: AADAC @ 297.3071