

Did You Know?

December 2017

Holiday Safety: The holidays are a time of celebration, excitement, and for many, indulgence. Holiday gatherings often include alcohol in the festivities; it's a good idea to educate yourself beforehand on the problems associated with alcohol and other drug use during this busy time.

What You Should Know:

- Holiday punch may pack a real punch: Many punch recipes include several types of alcohol and are very strong. One "cup" of alcoholic punch does not equal one serving of alcohol, as it depends on the size of the cup and the alcohol content of the drink.
- You may want to think twice about drinking at the office holiday party. Alcohol impairment causes poor decision-making skills, which can lead to embarrassment, injury, or even put one's career in jeopardy.
- Alcohol may make a person feel warm, but it actually causes body temperature to drop. This is particularly dangerous in the cold winter months. If someone spends time outside after drinking alcohol, they could end up with life-threatening hypothermia.
- Seasonal-Affective Disorder (SAD) and depression are exacerbated by the use of alcohol and other drugs. With alcohol being prominent at holiday events, it can be easy to fall into a cycle of substance use and worsening mental health.

What You Can Do:

- Find a healthy alternative to alcohol use. There are many alcohol-free "mocktail" recipes online if you are looking for a fun, safe beverage to serve at your holiday event. Try a classic Shirley Temple: 8oz. ginger ale, 1tbsp grenadine, ice & maraschino cherries.
- Always use a designated driver. If you see someone who is impaired, be sure to talk with them about the importance of having a sober driver and help them find a safe ride home. Uber and Lyft are great options.
- If someone you know is in recovery from a substance use disorder, provide them with extra support. The holidays can be an exceptionally tempting time due to stress and the presence of alcohol at social gatherings.



Information obtained from: www.niaaa.nih.gov, www.npr.org/, www.cdc.gov, www.ncbi.nlm.nih.gov, recipe: <http://www.foodnetwork.com/>

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