



APRIL 2021

Alcohol Awareness Month

Consuming too much of anything is bad for you, but alcohol is among the worst. Over-indulging in alcohol increases your risk for injuries, disease and even some types of cancer. That's why it's so important to practice responsible drinking habits.

With this in mind, consider the following tips:

- Set a reasonable drinking limit for yourself when enjoying a night out, and encourage friends to do the same.
- Talk to your doctor about your drinking habits, and discuss potential long-term effects.
- Always have a designated driver or a plan for safely traveling when out drinking (e.g., taxi).
- Know your limits and don't exceed them.

Practicing responsible drinking now will help you keep the good times rolling years down the road. Visit www.samhsa.gov to learn more about substance dependency and where to find help limiting your alcohol consumption.

Take Action

Awareness only goes so far toward improving your health—you also need to take action. Use this section to track your weekly progress as you establish your healthier lifestyle.

Week 1 (4/4-4/10) – **Create a wellness plan**

What do you want to improve this month? Set a short-term health goal and a plan for achieving it.

Week 2 (4/11-4/17) – **Get started**

Are you ready? Begin your plan and stick to it.

Week 3 (4/18-4/24) – **Look for improvement**

How are you doing? Think about what's working with your plan and if you need to adjust it.

Week 4 (4/25-5/1) – **Reflect**

Did you reach your goal? Consider what worked with the plan and what should change next month.