

Your Virtual Guide to improve your
Mental Health and Wellbeing.

Guidelines to avoid excessive consumption Part I

This self-help guide was made to help
people with **mild to moderate symptoms**.

If you are not sure how you feel, ask for
a **Psychological Coaching** with our Clinical
Psychologists.



PROBLEMATIC USE OF ALCOHOL

When people drink alcohol, they drink to socialize, celebrate, and relax. However, many people struggle to control their consumption at some point in their lives.

Approximately seventeen million adults have an alcohol-use type of disorder.

No matter how bad the problem is, if you get the right treatment, it is possible to overcome it.



HOW MUCH IS TOO MUCH?

We refer to alcohol consumption as a disease when its use generates behaviors that put at risk (psychologically and physically) the life of the person and the lives of others; the individual loses functionality in all areas of daily life, and alcohol, which used to act as an element of relaxation and/or socialize, becomes the basis of their daily difficulties.

WHY DO SOME PEOPLE BECOME ADDICTED?

There are multiple causes associated with alcohol addiction, including social and biological factors. For this reason it is important that you consider these risk factors:

1. **Having a family history of consumption.**
2. **Having a history of psychiatric pathologies.** (depression, anxiety disorders, panic attacks, bipolar disorder, amongst others).

CAN I SLOW DOWN MY CONSUMPTION? CAN I RECOVER?

Recovery is possible, however, it is a process that can undergo relapses. The important thing is to be persistent.

Relapse is part of the recovery process and is common in people recovering from alcohol problems, as they are more prone to relapse in times of stress or when exposed to situations where they used to drink alcohol in the past. It is rare that someone who undergoes treatment one time will never drink again. It is more common to see people try persistently to stop and reduce their drinking while experiencing relapses, so that then, they can learn from them and try again.

For this reason, continuous follow-ups with the responsible treatment team are essential to overcoming problematic drinking.

Just as some people with diabetes or asthma may experience flare-ups in their condition, a relapse back into drinking can be seen as a temporary setback to rehabilitation rather than an absolute failure. Turning to specialized professionals can prevent a relapse through therapeutic support and sometimes pharmacological treatment. Most people find it beneficial to have regular check-ups with the professionals responsible for their treatment.

Here are some of the signs that indicate a problem in alcohol consumption (AUD). **If you answer yes to two or more questions, we recommend that you consult with our professionals:**

1. Were there times when you drank more or for longer than you intended to drink?
2. Have you more than once wanted to reduce your consumption or stop drinking, or have you tried unsuccessfully?
3. Have you ever felt a strong need or urge to drink?
4. Have you noticed that drinking, or feeling bad about drinking often has interfered with taking care of your family or your work?
5. Did you continue to drink even when it caused problems with your family or friends?
6. Did you give up or cut back on activities that were important or interesting to you in order to drink?
7. Have you ever been involved in situations such as driving, operating machinery, walking in dangerous areas, or having sex without taking precautions?
8. Did you continue to drink even when doing so made you feel depressed or nervous, or after suffering memory loss?
9. Have you had to drink much more than you used to drink to get the desired effect, or did you notice that the usual amount of drinks causes much less of an effect than before?
10. Did you notice that as the effects of alcohol faded, withdrawal symptoms emerged, such as sleep disturbance, shakiness, irritability, anxiety, nausea, or sweating, or did you perceive things that were not really there?

If you exhibit any of these symptoms, your drinking habits may be a cause of concern. The more symptoms you manifest, the more urgently you need to change.

No matter how serious this problem may seem, you may benefit from a teleconsultation.