



Why should I assess my drinking habits?

The 'social drink' is enmeshed in Australian culture, but when does enjoying the odd drink tip over into something you should be concerned about? This can be a difficult question to answer.

Current Australian guidelines of the National Health and Medical Research Council say "responsible drinking is about balancing your enjoyment of alcohol with the potential risks and harm that may arise from drinking – especially if you go beyond low risk drinking levels". If you feel your alcohol consumption has become problematic, it might be time to assess your drinking habits.

EXCESSIVE ALCOHOL CONSUMPTION CAN CAUSE HEALTH PROBLEMS

Excessive alcohol consumption can be defined as the consumption of more than four drinks on any one day for men, or more than three drinks for women. Other factors, such as weight, overall health, frequency of alcohol consumption and other drug use, both legal and illicit, will affect your 'excessive drinking' threshold. While some evidence suggests a small amount of red wine each day might have some health benefits, it's clear that excessive drinking leads to detrimental health effects.

From poor sleep and lowered immunity to bowel cancer and cirrhosis, the short- and long-term effects of alcohol abuse can wreak havoc on your body.



Assess whether your drinking habits have had an effect on your relationships.



EXCESSIVE ALCOHOL CONSUMPTION CAN AFFECT RELATIONSHIPS

Assess whether your drinking habits have had an effect on your relationships. Perhaps drinking is getting in the way of enjoying intimacy and meaningful interactions with your partner. Or poor judgement caused by drinking, and resultant choices affect the way you relate to others.

EXCESSIVE ALCOHOL CONSUMPTION CAN JEOPARDISE YOUR CAREER

Do you use alcohol to deal with occupational stress? Do you drink before or during work? Alcohol consumption can reduce your efficiency in the workplace and lead to poor decision making, distraction and absenteeism.

EXCESSIVE ALCOHOL CONSUMPTION CONCEALS RATHER THAN SOLVES PROBLEMS

Alcohol is likely to conceal your problems and prevent you from addressing them constructively. You might decide it's time to reassess your drinking habits if they come between you and your personal development.

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Corporate Mental Health Alliance AUSTRALIA

The Corporate Mental Health Alliance (CMHAA) is a group of Australian businesses dedicated to providing mentally healthy workplaces for their people.

FOR MORE INFORMATION PLEASE VISIT:

Website: cmhaa.org.au

LinkedIn: [Corporate Mental Health Alliance Australia](https://www.linkedin.com/company/corporate-mental-health-alliance-australia)



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