

# Healthy Living





# Our Treatment For Drinking Problems?



- ▶ This treatment IS to help people whose drinking is causing problems to their health or social life.
- ▶ It is a short counselling treatment of one to four sessions.
- ▶ Sessions will last upto an hour and will be on a weekly to fortnightly basis based on your convenience.
- ▶ The counselling treatment will help you:
  - a) To understand the link between your drinking and any problems you may have.
  - b) Learn how to change your drinking behaviour.
  - c) Learn how to make those changes long lasting.



# Getting Help From Someone Close To You



A CLOSE FAMILY member or friend can help in many ways:

- ▶ Remind you to attend sessions.
- ▶ Accompany you to sessions for support / attend sessions with you.
- ▶ Share any concerns he/she may have about your health with the counsellor.

They will also learn more about your problems and may think of ways in which they can contribute to your good health.

We hope you will be able to bring along a close family member or friend to your sessions, and we look forward to meeting her/him.



# Types Of Drinking Problems



When a person's drinking has a negative effect on his life, he is considered to have a drinking problem.

There are three categories of severity of drinking problems:

- ▶ Drinking which is likely to lead to physical, mental or social harm in the future.
- ▶ Drinking which has already started causing some physical, mental or social harm.
- ▶ In the most severe form, people feel that they need to drink, and their bodies crave alcohol. They often drink every day, and sometimes first thing in the morning. If they do not drink, they suffer from symptoms such as sweating, nausea, and in serious cases uncontrollable shaking, vomiting, or fits.



## Impact On Social And Family Life



### Family problems:

- ▶ Family tension
- ▶ Quarrelling and violence
- ▶ Missed family functions
- ▶ Family members may become anxious, depressed, and may drink excessively themselves
- ▶ Children may have behaviour problems and perform poorly in school
- ▶ Financial problems and debts

### Social difficulties:

- ▶ Conflict with colleagues
- ▶ Workplace accidents
- ▶ Frequent absence from work
- ▶ Repeated dismissals from work and long-term unemployment
- ▶ Arguments and fights
- ▶ Problems with the police
- ▶ Loss of friends



# Health Effects



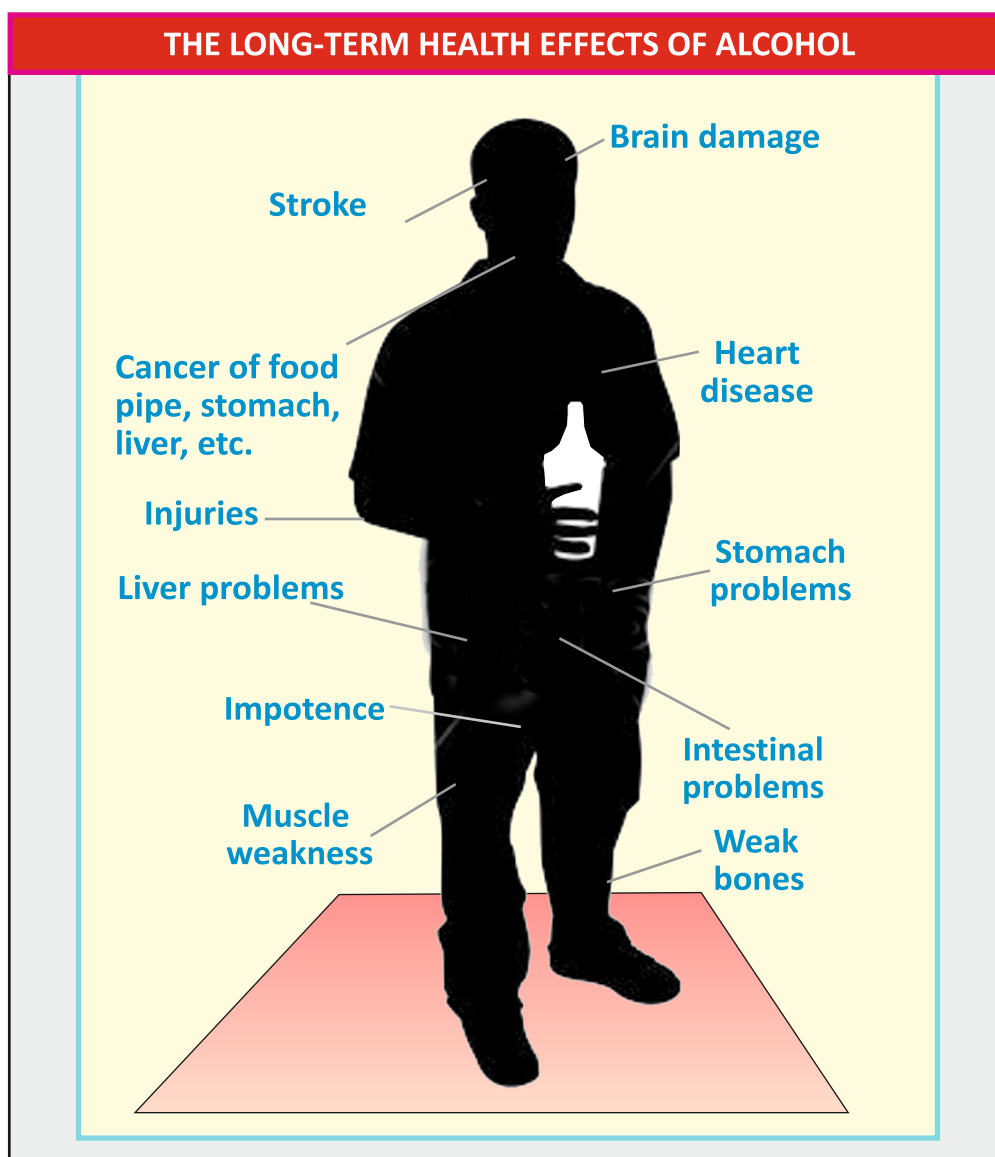
## MENTAL HEALTH:

Drinking problems can have effects on one's mental health including:

- ▶ Feeling sad and loss of interest in things
- ▶ Reduced sleep / appetite
- ▶ Feeling guilty, hopeless and worthless
- ▶ Anxiety, fear or worry
- ▶ Memory problems
- ▶ Hearing noises and voices even when alone
- ▶ Feeling suicidal

## PHYSICAL HEALTH:

Heavy alcohol use can affect every part of the body from head to toe.



# Understanding Your Drinking



Date: \_\_\_\_\_

This summary gives you the results of your assessment and provides information about how alcohol affects you. This will help you create a clear picture of your drinking - information you will need to make choices about whether to change your drinking behaviour.

## Where Does Your Drinking Fit In?

The average amount of alcohol you reported consuming per day was \_\_\_\_\_.

Your AUDIT score is \_\_\_\_\_ which puts you in the category of:

(Tick ✓ as appropriate)

a) HARMFUL DRINKING

You drink at a level which causes harm to your physical or mental health or social/ family life.

b) DEPENDENT DRINKING

You often feel that you need to drink, and your body craves alcohol. Because of this, you are likely to drink every day. You may sometimes drink first thing in the morning. If you do not drink, you may suffer from symptoms such as sweating, nausea or uncontrollable shaking.

Based on your typical drinking during one week, You spent

from Rs. \_\_\_\_\_ to Rs. \_\_\_\_\_ in the last month, on your drinking.

## Problems Related To Your Drinking

You reported that in the past year, your drinking had a harmful effect on:

(Tick ✓ as appropriate)

Your friendships or social life

Your physical health

Your mental health

Your home life or marriage

Your work, studies, or employment opportunities

Your financial position

Any other (specify): \_\_\_\_\_



# Are You Ready For Change?



You have not thought about changing your drinking behaviour.



You have started thinking about making a positive change to your drinking behaviour, but at the same time have a strong feeling for continuing drinking.



You have already decided to either control or completely stop your drinking.

# Why It Is Important That You Take Charge Of Your Drinking



Unhealthy drinking can contribute to many problems. Stopping or reducing drinking can have many important benefits. Tick (✓) the ones that would apply to you.

Improved family relationship.  
Reduction in domestic violence.

Improved financial situation

Better physical and mental health

Having an active personal and social life

Regaining lost social status

Reduced mental health problems for other family members

Reduced risk of physical injury

Developing interest in new enjoyable activities

Improvement in work performance, less absenteeism

# When Stopping Is Advisable



Stopping is recommended in the following situations.

(Tick (✓) as appropriate)

**Physical health problems  
which are the result  
of drinking.**

**Health problems where  
drinking can be dangerous,  
e.g. liver problems, high  
blood pressure or diabetes.**

**Mental health problems like  
anxiety and depression.**

**Long history of  
harmful drinking.**

**Older  
adults.**

**Addiction.**

**Those having less  
support from family  
and friends.**

**Those who have tried  
and failed to control  
their drinking.**



# What You Can Do To Control Your Drinking



Some of the skills that a patient aiming for controlled drinking can use are:

## Before drinking

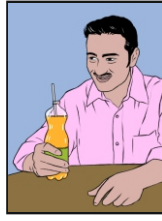
### What to do



- Eat something first.
- Go out later.
- Take less money.
- Don't drink in places where you have previously drunk heavily.
- Take alcohol-free drinks with you to parties, friends' houses, etc.

## While drinking

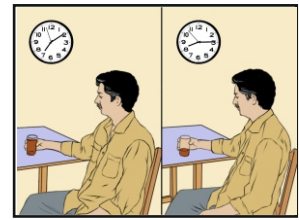
### What to drink



- Drink a long soft drink first.
- Drink pints vs large beers; singles vs doubles; ordinary vs strong beers.
- Drink more diluted drinks: spirits with mixers as opposed to neat, shandy (beer plus lemonade) vs all-beer, half-and-half of alcohol-free and ordinary beer or lager.
- Drink low or no-alcohol beers and wines.
- Alternate between non-alcoholic and alcoholic drinks.

## While drinking

### How to drink



- Drink in sips, rather than gulps.
- Put the glass down between sips.
- Don't stand at the bar; sit down elsewhere.
- Drink at the pace of the slowest drinker in your group.
- Time yourself, for example only drink every 30 minutes.
- Avoid bar snacks like nuts and crisps, etc., as they make you thirsty.
- Avoid rounds, but if they are unavoidable, don't buy yourself one on your round.
- Practice refusing drinks.
- Do something active while drinking like play cards or some other bar game.
- Go home when you have reached your limit.

## A brief example of a controlled drinking plan:

Rules - What you want to achieve?

How you are going to achieve it?

# Some Strategies To Reduce Or Stop Drinking



*Not all brands of alcohol are the same strength. If you don't want to stop drinking, then consider drinking drinks which contain less alcohol e.g. beer instead of brandy.*



*Involve your family or a friend. They can help you decide on a goal with regards to drinking and help keep track of progress.*



*Avoid high-risk drinking situations like going to the bar or meeting with others who drink (or who drink heavily, if you are aiming to control your drinking).*



*If you are drinking with others, drink at the same pace as the slowest-drinking person.*



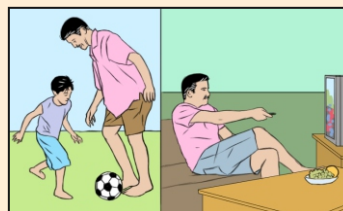
*Know how to refuse a drink. Decide for yourself when and how much you want to drink.*



*Eat before and while drinking.*



*Pace your drinking. Plan how long you will be out and how many drinks you will have and stick to your plan; sip, don't gulp; put your glass down between sips; drink more slowly; alternate alcoholic and non-alcoholic drinks.*



*Find other things you can do instead of drinking.*



*Talk through your problems and worries. Stress and worries can influence how much one drinks. Talking about them can be a good first step to dealing with problems related to alcohol.*

# How To Fight The Urge To Drink



Some people with drinking problems find the following techniques useful to fight the urge to drink. You could try them too.

Get involved in non-drinking activities: for example walking, gardening or other physical activities, reading, or try writing about your thoughts and feelings.



Go to a 'safe' place: e.g. a non-drinking friend's house, a temple/ church/ mosque or a library.



Talk about the urge to drink with family or a friend and get some help and support from them.



Remind yourself that the urge is time limited.



Face the urge and resist it.



Consume other things like your favourite food or a non-alcoholic drink when you get the urge.



Prepare a small reminder card and keep it in your pocket. On it, you can write your reasons for controlling/ stopping drinking and the problems you have faced because of your drinking.



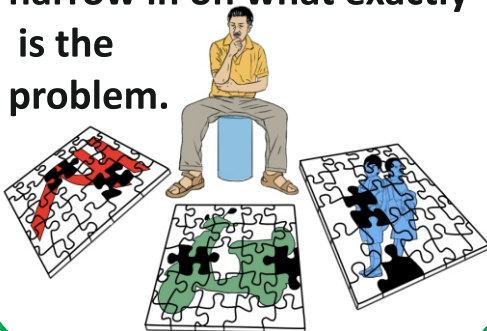
# Solving Life Problems



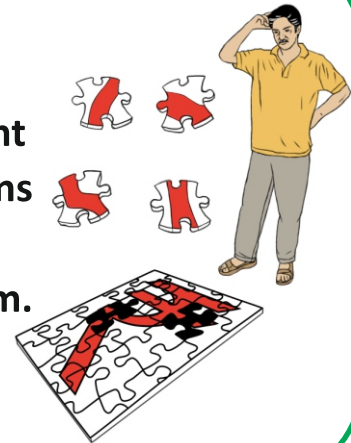
From time to time, all of us struggle to handle life problems. You might come across such problems yourself. Sometimes your inability to handle these problems can be due to your alcohol related problems.

**You could use the following 5 steps to try and tackle such problems effectively:**

**Define the problem clearly, be specific and try to narrow in on what exactly is the problem.**



**Try to find different solutions to the problem.**



**Plan to carry out the solution. Practice applying the solution.**



**Think through each solution and check for advantages & disadvantages of the solution. Choose the solution that promises the best result.**



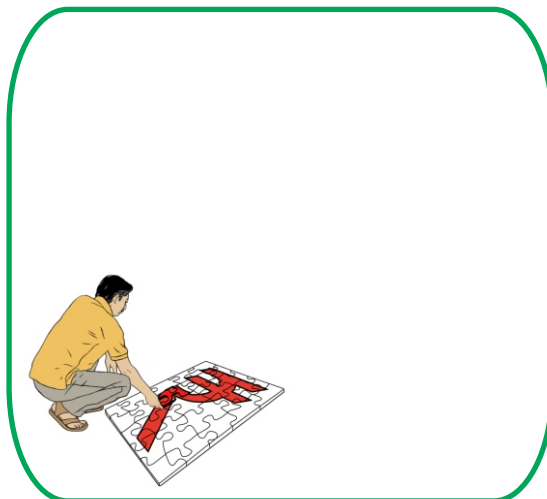
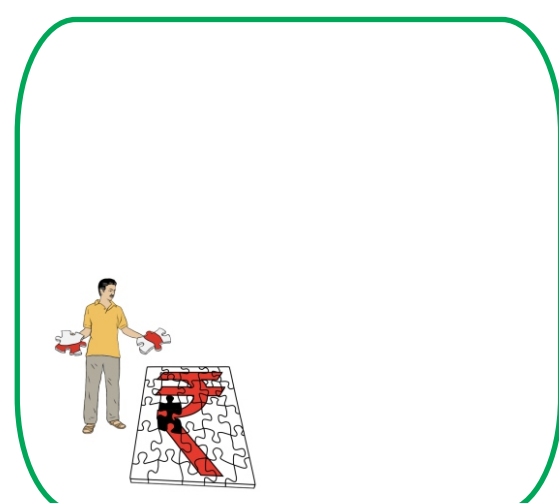
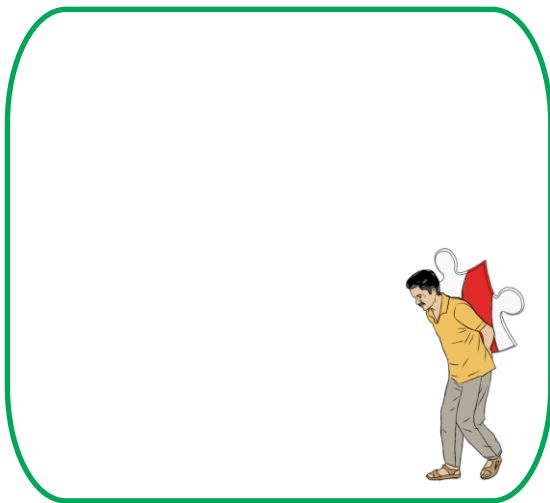
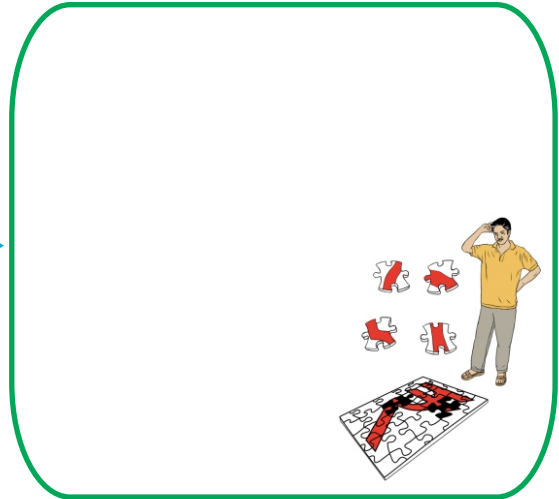
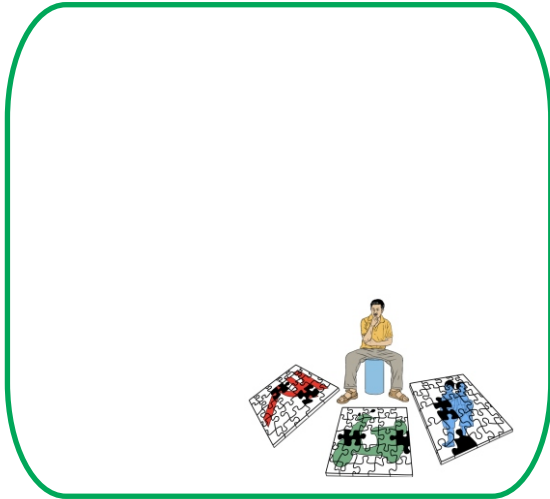
**Use a time limit to test the solution. Assess the outcome.**



# Solving Problems Worksheet



Use this page to try out the steps for your problems:



# Saying 'No' To Drinks



It is useful to be able to say 'NO' when offered a drink. If you have stopped or reduced your drinking it is important to be prepared to handle such situations by using certain simple techniques.

## Situations where you might need these techniques:

Attending a party (either alone or with friends or family).



You visit friends or family members who drink.



Bottle of alcohol or drink offered as gift on specific occasions.

Friends or family members who drink visiting you at home.



Visit to a bar or a restaurant where alcohol is being served.



## Things to remember

- When a friend offers you a drink saying 'NO' to the drink does not mean 'NO' to a friendship.
- Maintain eye contact with the person who offers you the drink when you say 'NO'.
- Speak firmly and convincingly. Your expression and tone should indicate that you are serious.

## You could use the following responses if somebody offers a drink:

*I have problems with drinking so it will be really helpful if you don't make such offers to me in the future.*

*I wouldn't mind having a fruit juice, cold drink or coffee instead.*

*No, thank you. The doctor has told me not to drink as I have health problems.*

# How I Will Change My Drinking



Date: \_\_\_\_\_

<b>1</b>	The changes I want to make are:
<b>1a</b>	Most important reasons why I want to make these changes:
<b>2</b>	The changes I want to make before we meet next time:
<b>3</b>	The steps that I want to take for this:
<b>4</b>	Who can help and how:
<b>5</b>	I know that my plan is working if:
<b>6</b>	Some things that could interfere with my plan:
<b>7</b>	How I may deal with these things:

Follow-up date: \_\_\_\_\_





# How I Will Change My Drinking



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Follow-up date: \_\_\_\_\_



# My Drink Diary



Keeping a weekly diary is a really good way of becoming aware of how much you drink and the times and occasions when you drink more or less.

Your drink diary is a powerful way to stay motivated, increase your confidence in being successful and help you achieve your goals.

As you start to put your changes into action, the diary can help you to identify which times are more difficult than others to keep to your goals.

## How to use the Drink Diary

1. Fill in your drink diary every day
2. Record all the alcoholic drinks you had (type and amount) for each day.
3. Make sure you also record the days you had nothing to drink.
4. At the end of the week review your diary and identify what went well, any challenges or triggers, and how you dealt with them.



Below is a diary for 3 weeks. We hope to see you for the next session within the next three weeks. This diary will give us an estimate of how much you drank from today to the next time we meet.

My Drink Diary				Date: _____	Week 1
Day	Morning	Afternoon	Evening	Total	
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					

Total Weekly Amount: \_\_\_\_\_

# My Drink Diary



My Drink Diary				Week 2
Day	Morning	Afternoon	Evening	Total
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Total Weekly Amount: _____				

My Drink Diary				Week 3
Day	Morning	Afternoon	Evening	Total
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				

Total Weekly Amount: \_\_\_\_\_

# Things I will do



Session No \_\_\_\_\_

Date: \_\_\_\_\_

## Action Plan/Homework

(Write details)

1)

2)

3)

4)

5)

6)

Follow up date: \_\_\_\_\_



# Things I will do



Session No \_\_\_\_\_

Date: \_\_\_\_\_

## Action Plan/Homework (Write details)

1)

2)

3)

4)

5)

6)

Follow up date: \_\_\_\_\_





# Tobacco And Your Health



Tobacco used in any form, either smoking or chewing, is dangerous to health. Effects include a high risk of serious breathing difficulties, and of early death from heart disease or cancer (many types, especially mouth and lungs).

Tobacco used in any form is highly addictive, because tobacco contains nicotine, which is highly addictive.



## Reasons for Stopping

- Tobacco kills!!
- Using tobacco causes diseases like cancer, heart attacks and breathing problems.
- Using tobacco reduces fitness and appearance.
- Using tobacco can make you depressed.
- Using tobacco affects fertility i.e. your ability to bear children.
- Using tobacco is expensive.
- Your smoking harms non-smoking people around you, including your children.
- Cigarettes and Gutkha contain poisonous substances.

## Ways Of Stopping Or Reducing Use Of Tobacco

**A**

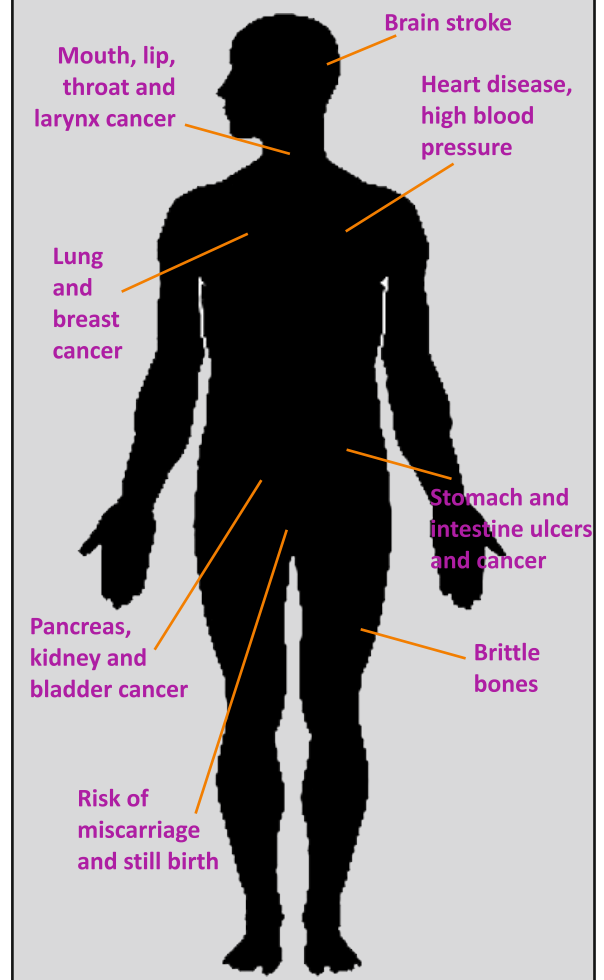
You may want to decide on a "Stop Day" and then stop totally

or

**B**

You may cut down for a week or two before your "Stop Day".

## The Long-Term Effects Of Tobacco Use:



### A) What can you do if you want to cut down:

- Every day cut down on one or more cigarettes/ bidis / packet than the previous day.
- Try putting off the first use of the day by one or two hours. Go as long as you can without giving in to a craving (desire to smoke or chew).
- Don't stock up! Buy only the number of cigarettes/sachets of gutkha that you plan to smoke/chew each day.
- On your Stop Date, stop tobacco altogether and begin your life as a non-tobacco user.



# My Drink Diary



## **B) What can you do if you want to stop all at once:**

- Set your "Stop Date". Before the "Stop Date", make the following changes
- Clean up the place! Get rid of things that remind you of smoking/chewing (ash trays, empty packets, etc.).
- Change your routine. For example, don't smoke /chew during your regular tobacco using times (e.g. the after lunch cigarette) or at regular places (Bar, work place, with friends, social occasions, etc.).



## **What you can do on "Stop Day":**

- Keep substitutes ready to put in your mouth, like cloves, sweets, anything you would prefer.
- Plan a new routine to do first thing in the morning, such as going to a place of worship, gym, yoga class.
- Remind family, friends and co-workers that this is your "Stop Day" and ask them to help and support you.

- Call and fix an appointment with your counsellor if you feel you will need professional support.

## **How can you make your new tobacco-free life easier:**

- Keep busy and find new things to do, spending as much time as you can, in non-smoking places and among people who do not use tobacco.
- Avoid situations where the urge to use tobacco is strong, such as passing by a tobacco shop or interacting with friends who use tobacco.
- Avoid alcohol. It increases the urge to smoke/chew.
- Drink plenty of cold water, fresh juices, lassi, etc. as substitutes.
- Don't skip food. Eat small amounts at multiple times
- If you fail in your attempt to stop, don't give up, TRY AGAIN.



## **Role of Medicines**

There are certain medicines which can help you handle the urge to use tobacco. The counsellor can refer you to a doctor who can prescribe the medications if you want.

