

WE ARE ALL IN THIS TOGETHER

HAS THE PANDEMIC CHANGED YOUR DRINKING PATTERNS?

While this is a difficult topic, the COVID Wellness Team believes it is important to address since it is so vital to the health of our community.

The CDC reminds us that stress and anxiety increase substance use and abuse. The Pandemic's uncertainty and stress, combined with disrupted routines, may have undercut sobriety or encouraged some people to progress into heavier drinking habits. The new year is often a good time to reflect on alcohol consumption and other habits.



CDC [Alcohol and Substance Use](#) | CDC;

JAMA <https://jamanetwork.com/journals/jamanetworkopen/fullarticle/2770975>

What is High-Risk Alcohol Use?

National Institute on Alcohol Abuse and Alcoholism defines high-risk alcohol use as >4 drinks per day or 14 in a week for men, and >3 drinks a day or 7 per week for women.

Tips for making a commitment to dial back drinking:

- Decide to drink no more than two times a week or decide to drink one drink per night.
- Start logging when you consume alcohol and how much, so you can realistically identify patterns.

Resources for cutting back or pursuing sobriety:

- **Talk to your doctor** about drinking patterns, treatment plan, and/or meds to stop/reduce drinking.
- **Contra Costa Access Line for Alcohol and other Drugs:** 1-800-846-1652
- **SAMHSA's National Helpline** 1-800-662-4357. Confidential 24/7 treatment, referral and information service for mental health and substance use disorders
- **Online peer support meetings:**
 - **Alcoholics Anonymous:** contracostaaa.org 925-939-4155
 - **Secular Organizations for Sobriety:** www.sossobriety.org
 - **Smart Recovery:** smartrecovery.org 866-951-5357
 - **Refuge Recovery:** refugerecovery.org
- **LOCAL RESOURCES:** Reach out for support in general in these extraordinary times.
 - **Employee Assistance Program (EAP):** Magellan Health Care, 1-800-227-8674
 - **Medical Staff Assistance Committee:** Contact Dr. Wadle.
 - **Reach out** to a trusted colleague.