



BlueResource<sup>SM</sup> - Emotional Wellbeing - Drinking Responsibly

## Warning Signs of Overdrinking

Enjoying a cold one at the game. Joining your coworkers for happy hour. Kicking back a few at the neighborhood holiday party. Alcoholic beverages are often part of relaxing and socializing. How do you know if you're drinking too much?

- Sometimes drink more than you planned?
- Does drinking get in the way your home life, family or job?
- Want to cut down or stop drinking, but can't?
- Do you spend a lot of time recovering from drinking?
- Ever want a drink so badly it's all you think about?
- Do you drink even if it causes trouble with family or friends?
- Avoid important activities so you can drink?
- Drink alcohol in unsafe situations?
- Do you drink even though it makes you feel depressed?
- Have withdrawal symptoms like nausea, sweating or shaking?



**If you answered yes to two or more questions,  
talk to your doctor.**

**Sources:** *Are You Drinking Too Much Alcohol?* Harvard Health Publishing, Harvard Medical School. 2019.  
*Alcohol Use Disorder Overview.* Mayo Clinic. 2018

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