



# Holidays and Drinking

## From Screening for Mental Health Blog

The Holiday season is upon us, which means we all amp up our lives with extra parties and other social events. All the added stress and parties can tempt even the most disciplined person when it comes to alcohol. It's great to celebrate with family and friends with some drinks, but how do you know if your drinking is becoming a problem?

Some symptoms of alcohol problems include: having times when you ended up drinking more or longer than you planned, trying to cut down or stop drinking without success, or continuing to drink even though it was making you feel unhappy. In addition, getting into situations that are risky because of drinking (driving, having unsafe sex, etc.) can mean your drinking is a problem.

About 17 million adults in America have an alcohol use disorder. There are several successful ways to treat alcohol use disorders. MIIA Wellness offers free and anonymous alcohol use self-assessments at <http://screening.mentalhealthscreening.org/miiawellness>. You can visit the site, answer a few questions and get information about whether you may have an alcohol problem and resources for where you can get help, if necessary.