

COLLEGE DRINKING HOW TO BE SAFE AND HELP YOUR FRIENDS

David Menke, MSASS Graduate Student/CBH Trainee



BEING A COLLEGE STUDENT means having to make a lot of important choices. Many of these choices involve drinking. Students have choices as to whether or not they will drink at all, how much or how little they will drink, and whether or not to be participate in social activities that involve drinking. Below is a list of tips that you and your friends can look over as you make decisions surrounding alcohol use. It is important for every college student, whether you drink or not, to be aware of the consequences of alcohol consumption. Having these tips in the back of your

mind can guide you as you make choices involving yourself, your friends and drinking.

If You Make The Decision To Drink

- Be aware of your personal limits and make sure that a sober friend can intervene should you exceed your limits.
- Be sure to eat food before you begin drinking, as well as taking periodic snacks during drinking.
- Surround yourself with friends, you can trust. Do this before you begin drinking.
- Be sure to drink at either a slow or moderate pace. The average human body can only process one drink per hour.
- Be sure to drink an occasional glass of water during drinking to avoid dehydration.
- Alternate an alcoholic beverage with a non-alcoholic beverage.
- Whether you're at a party or a club, never leave your drink unattended.
- Do not mix alcohol with other drugs.
- Remember that many crimes involving rape and assault often occur when alcohol is involved.
- Be sure not to drive while you are drinking or drunk. Have a designated driver in place before you begin drinking.

How To Be A Helping Friend

- Be aware of the effects of alcohol and other drugs, and be able to identify some

of these effects in your friends.

- If you suspect your friend may have a drinking problem, express your concern and offer to get them help.
- Know that a friend may not always respond well to concerns, especially when drinking. Talk with them about this only when they are sober.
- Maintain communication with your friend about your concerns.
- Remain calm when voicing your concerns. Don't get caught up in their defensiveness.
- Above all, take care of yourself. Make sure your friend knows you will not tolerate certain behaviors when he/she is drinking.

If you or a friend have a concern about drinking or other drugs, call University Counseling Services (368-5872), located in room 201 of the Sears Building. We have a walk-in substance abuse clinic on Tuesdays from 2:00-4:00pm at the Center for Collegiate Behavioral Health.

Check out these websites for more information on college drinking:

www.factsontap.org
www.bacchusgamma.org
www.collegedrinkingprevention.gov
www.health.org/dbases.htm

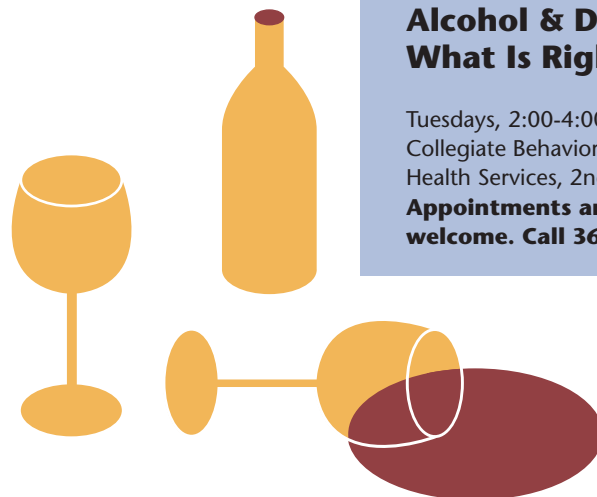
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*David Menke, MSASS Graduate Student/
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*William Hale, Ph.D.
Psychologist/Assistant Director - UCS*



Alcohol & Drug Clinic: What Is Right For You?

Tuesdays, 2:00-4:00pm
 Collegiate Behavioral Health
 Health Services, 2nd Floor
**Appointments and walk-ins
 welcome. Call 368-2510**

STRESS AND DEPRESSION

William Hale, Ph.D.
Psychologist/Assistant Director - UCS

WITH FINALS AND DEADLINES

approaching in the next few weeks, stress levels can rise rapidly. Stress is unavoidable. It is the natural response of the body and mind to circumstances that demand attention and must be dealt with. A moderate level of stress is normal and even necessary to help us achieve our goals and function at our best. However, when the level of stress becomes too high, our ability to cope effectively can be seriously impaired.

There is a significant relationship between stress and depression. When we are under stress, our minds and bodies often go into survival mode and function on overdrive. If the stress is not handled effectively, this can lead to exhaustion and, actually, depression. When people are subjected to multiple and repeated stressful circumstances and have little success in handling them, they can begin to expect failure and feel that nothing they do will matter in changing

the situation. This is called "learned helplessness" and can often lead to depression.

Here are some common symptoms of depression to watch for:

- Feeling sad, irritable or anxious
- Having little or no energy
- Feeling that you can't manage even the smallest tasks
- Feeling like a failure
- Not being able to think clearly or focus
- Feeling hopeless about the future
- Sleeping too much or too little
- Eating less or more than usual
- Thoughts of giving up or dying

Managing your stress when you are feeling overwhelmed can seem like an impossible task. However, there are several things you can do to keep your stress at a manageable level:

- Identify your stressors and your physical/mental/emotional responses to them
- Focus on what you can change and let go of what is out of your control
- Set small goals for yourself and do one task at a time
- Try to eat healthy food and avoid junk food
- Get enough sleep – avoid pulling 'all-nighters'
- Avoid alcohol when you are under stress
- Set limits – don't over-extend yourself with too many extra activities



If you think you may be experiencing depression, or would like help managing your stress, talk to someone who can help. Call UCS at 216-368-5872, e-mail us at wecounsel@case.edu. Check out our website at www.case.edu/stuaff/ucs.

For more information about depression and stress management, check out these websites:

www.allaboutdepression.com/gen_05.html
www.mindtools.com/smpage.html
<http://stress.about.com/>
www.stress.org

Healthy Sleep Clinic

Mondays – 1:30-3:00pm

Anxiety & Stress Management Clinic

Fridays, 2:30-3:30pm
Meditation Group: 3:30-4:30pm

Healthy Choice Clinics at Collegiate Behavioral Health Services, 2nd Floor
Appointments and walk-ins welcome. Call 368-2510



Talk To Us

For more information or if you would like to see a specific topic presented in this newsletter, please email william.hale@case.edu

For any other questions or comments, please e-mail Collegiate Behavioral Health at mind-body@case.edu

Collegiate Behavioral Health Services, 2nd Floor,
2145 Adelbert Road
216-368-2510
Monday - Friday, 8:30 - 4:30

University Counseling Services
Sears 201
216-368-5872
Monday - Friday, 8:30 - 5:00

Health Education Fund Application

The Health Education Fund of the Center for Collegiate Behavioral Health is a dedicated fund for the promotion of health education at Case Western Reserve University. Financial support for programs, media, speakers and/or classroom presentations which are designed to educate and inform our students of health and mental health information will be considered for partial or full funding. Proposals which illustrate collaborative efforts between and among university organizations and departments will receive priority. Applications are available upon request by emailing The Center for Collegiate Behavioral Health at mind-body@case.edu



Center for Collegiate Behavioral Health Mission Statement

The Center for Collegiate Behavioral Health promotes a university environment dedicated to the development of healthy life practices.