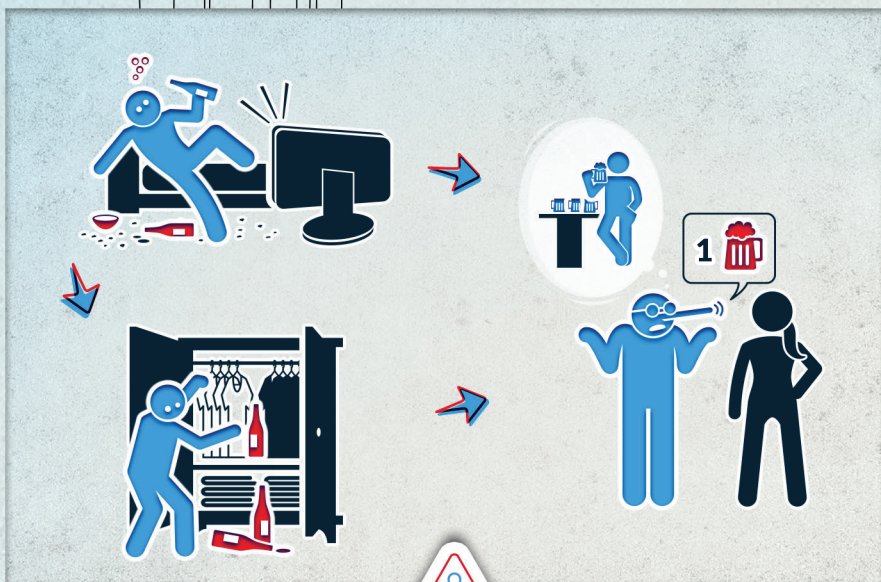


Could You Have a **DRINKING PROBLEM?**

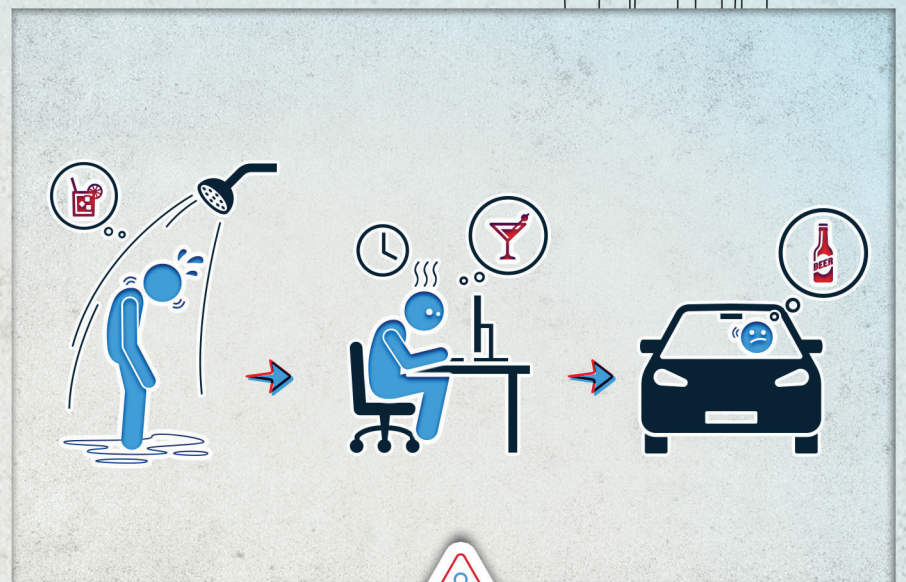


5 warning signs to watch out for.



1. You keep your drinking a secret.

Maybe you're drinking alone, or hiding wine bottles, beer cans, or bar receipts, or lying about how much you had the night before. Not being open about your drinking habits can signal a problem.



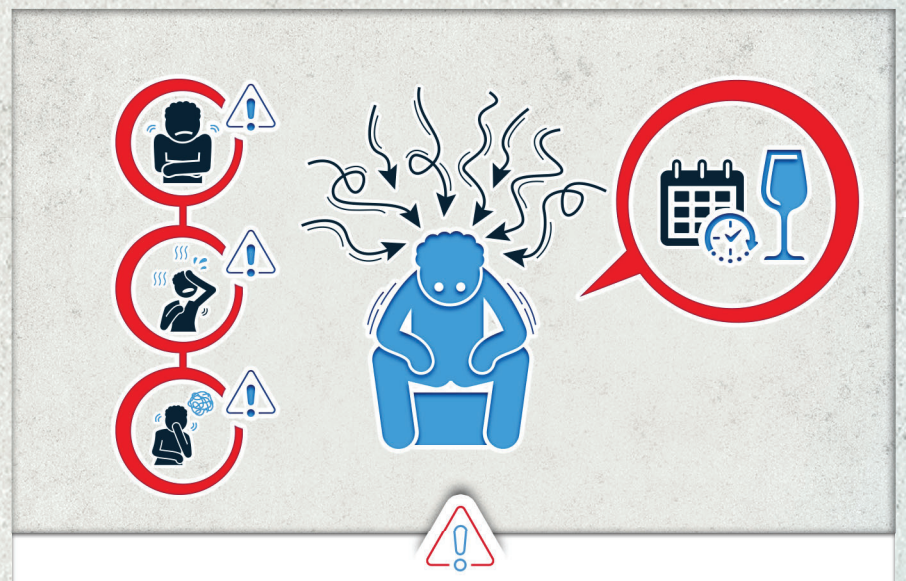
2. You crave alcohol.

Looking forward to a beer after a long week is one thing, but obsessing over when you'll have your next drink — and settling for nothing but alcohol — could be a sign of something more serious.



3. You put alcohol first.

If your plans revolve around drinking — or you start skipping out on people or responsibilities to make it happen — that's a red flag. It could mean alcohol is more important than you want it to be.



4. You notice physical symptoms when you don't drink.

Feeling shaky, sweaty, or anxious when you haven't had a drink in a while means your body's gotten used to having alcohol in your system. Some withdrawal symptoms can be dangerous, so don't ignore what your body is trying to tell you.



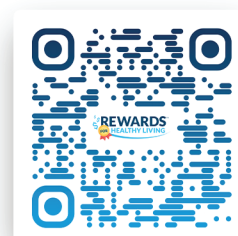
5. You have trouble cutting back.

You promise yourself, "I'll just have one," but somehow one drink turns into four. If setting limits feels harder than it should be, alcohol may have more control in your life than you'd like.

If you or a loved one need help recovering from addiction, call SAMHSA:

800-662-HELP (800-662-4357).

Learn more about substance use problems, who's most at risk, and treatment options.



Already registered?

Log in now: rewardsforhealthyliving.com

Still need to sign up?

Go to rewardsforhealthyliving.com and follow the instructions.