



NuVantageSM Employee Resource

Your free and confidential resource for work-life wellness

News from NuVantage

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Substance Abuse and Your Loved Ones

Watching a family member, friend or co-worker struggle with substance use can be painful and frustrating. You may feel caught between a genuine desire to be helpful and understanding while also feeling angry about the person's "choice" of the alcohol or drug over your relationship.

Managing a relationship with a person who is drug or alcohol addicted can be emotionally exhausting. You may have vivid memories of who the person was before the substance use started which clashes with images of who the person is when using.

Talking to a trained counselor can help you to more effectively deal with your interactions with the individual. While you can't control another person's choices and actions, you can control your own behaviors and responses.

The assessment process can help bring you clarity about the situation and can cover topics such as:

- Boundaries with the individual
- Co-dependency behaviors
- Language about addiction and addiction-related behaviors
- Grief related to changes in the relationship with the individual

Call NuVantage today at 800.577.4727 to connect with a counselor in your area to begin the healing process.



Self-Medication

Nearly one third of people with major depression also have a problem with alcohol. Depression and anxiety may seem temporarily relieved by the euphoria produced by alcohol. The problem is that alcohol is a central nervous system depressant and, in the long run, can cause depression. There are better treatments for depression, anxiety, and stress that will be long-term solutions.

NuVantage Employee Resource is a service of:



Alcohol and You

Do you enjoy alcohol? Statistics vary, but about 70% of US adults would say “yes” to that question. Moderate use of alcohol can actually have health benefits, but consider closely whether your use of alcohol would be considered “moderate.”

Do you get annoyed when a friend, loved one, or co-worker asks you how much or how often you drink?

Do you find yourself omitting or exaggerating information when answering these types of questions?

Do you find yourself getting into arguments with friends or loved ones about your drinking habits?

Do you find yourself forgetting about dates or deadlines because of your drinking habits?

Do you find yourself drinking larger amounts or drinking more frequently than you planned on or previously did?

If you answer “yes” to any of these questions, then your drinking related choices may be bringing chaos into your life. Your drinking habits can negatively impact your life as well as the lives of the individuals you interact with at home and at work. Excessive alcohol consumption can have physical, emotional, and life consequences including:

- Strained relationships
- Loss of employment
- Damage to your heart, pancreas or liver
- Unhealthy medication interactions
- Legal problems related to risky behavior

If you or someone else is concerned about the amount or frequency of your alcohol use, a counselor can help you examine your drinking habits and assess the impact it is having on your life and relationships. You and the counselor can explore ways to address these issues and community resources to help you make changes.

Call NuVantage today at 800.577.4727 to connect with a counseling professional.



Managers

Are you concerned that there may be alcohol or other substance use in the workplace? Alcohol abuse causes more productivity loss than any other drug. If you're considering confronting the situation, first consider what your company's drug and alcohol policy is and speak with Human Resources about it. Feel free to consult with NuVantage regarding signs, symptoms, and confrontation strategy.

Learn more about your valuable EAP benefits!

800.577.4727
www.NuVantage.org