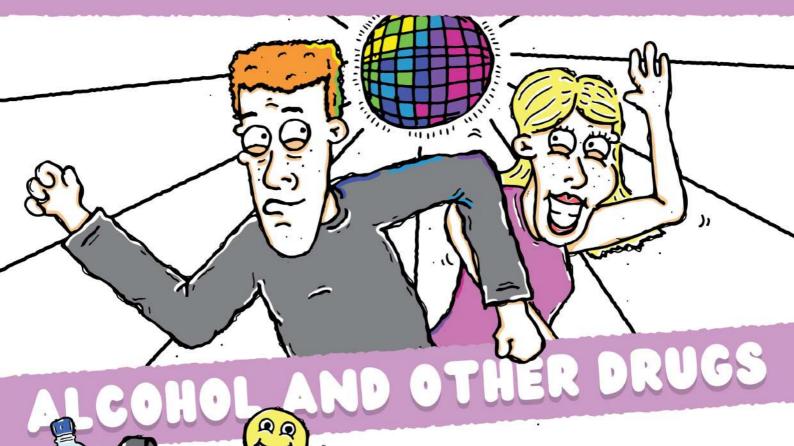
## STATEWIDE YOUTH COLLABORATIVE GROUP HEALTHY MIND HABITS



## WHY SHOULD I CUT BACK?

Reducing or cutting out alcohol and other drug use has lots of benefits, such as:



More energy

Better physical health

Better sleep

Improved mood

Money saved

**ALCOHOL AND OTHER DRUGS** change the chemicals in the brain resulting in a negative effect on your emotions, decision making and thinking.

Alcohol is a depressant, meaning it slows down the brain and body.

This can cause negative changes in mood, energy levels, sleeping patterns, concentration, memory and relationships.

## IT'S IMPORTANT TO REMEMBER...

If you regularly use alcohol or other drugs, stopping use may cause withdrawal symptoms. Talk to your GP or a counsellor to make a plan together to cut back.

"By cutting down drinking when I go out, I save money, don't embarrass myself, and feel better the next day." Jen, 22

"I can get just as good a buzz by riding my mountain bike." **Kai, 18** 







