HOW DOES ALCOHOL AFFECT OUR LIVES?

by:
Mary Angelli Concepcion R. Santiago
ADAS – II

How does ALCOHOL affect our Lives?

Alcohol contains ethanol, produced fermentation of grain, fruits or other sources of sugar. Alcohol is a depressant, reduces stress or anxiety. Alcohol can lead to Alcohol abuse, alcohol poisoning or being an alcoholic cause you not to stop drinking. Alcohol can affect not only our physical health but also mental health. Alcohol impacts your body which starts from the moment you take your first sip. Alcohol can cause you to lose coordination, critical judgement, having mood swings, trouble concentrating, passing out, vomiting and cause to change your behavior. Heavy drinking alcohol can contribute to liver damage, cardiovascular disease or multiple types of cancer.

However, alcohol is a part of celebration in many people’s lives. Alcohol is commonly used in times of having social gatherings like reunion, Christmas celebration, Birthdays, wedding, etc. but sometimes, people drink alcohol when facing problems, maybe because of their family, financial, business matter, love or about people that surround them.

Alcohol has good and bad effects not only in our body health but also in our life. Alcohol affects everyone, its effects depends on how much you drink. It can affect you quickly when you drink on an empty stomach, don’t usually drink alcohol, still a young person and when you are depressed caused by having problems.

Abusing alcohol can lead you to physical dependency or alcohol poisoning. You can’t stop you drinking once you have started. It can make you not sure to go home safely. Abusing can affect your business matter, family or relationship. It can affect your family
in a way of ignoring your family members, financial budget or can cause fight through misunderstanding. Alcohol affects business matter in a way to weaken your physical capabilities that result neglecting responsibilities. Alcohol also affects relationship in a way of not to controlling emotion and changes of perception. It is the fastest recipe for you to have a fight between your partner.

It’s not bad to drink alcohol but you must need to know your limitation. Don’t let yourself to abuse alcohol or become alcoholism. Don’t let alcohol make your life miserable. As what our motto says, “Take care of your body. It’s the only place you have to live.”

References: