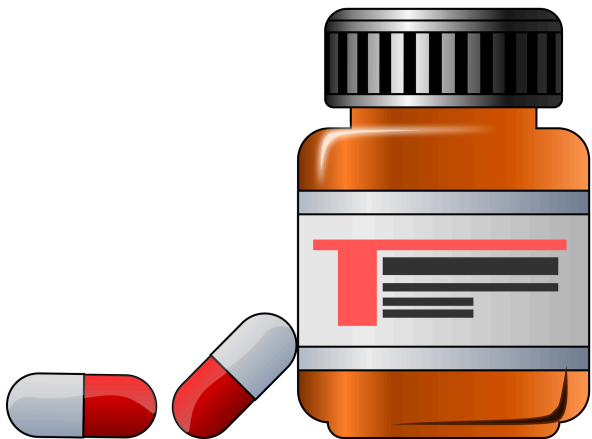


Saying NO To Drugs

Saying No to drugs can do many things for you and your body. Saying NO to drugs can balance your Health triangle. It can also help you have well-being.

You should choose to not do drugs to better your health and well-being!



Effects Of Using Drugs

There are many effects of using drugs. There might be some good effects, but most effects of drug use are bad. Some good effects of using drugs would be when they are prescribed to cure an illness. Most of the time the effects are bad. They can cause problems on all sides of the health triangle, physical, mental, and social.

There are so many effects of using different drugs. Certain drugs can cause your body's functions to slow down and cause slower reaction time. Other drugs may do the opposite, they will cause your body's functions to become faster and cause your reaction time to become faster.

Say NO To Alcohol

Saying No to alcohol can do many things for you and your body. Saying No to alcohol can balance your Health triangle. It can also help you have well-being.



The Effects Of Alcohol

The effects of alcohol is, weakening of the immune system, increasing the chances of getting sick. Learning and memory problems, including dementia and poor school performance. Mental health problems, including depression and anxiety. Social problems, including family problems, job-related problems, and unemployment.

Alcohol influences your mood and can also make you feel down or aggressive. As the concentration of alcohol in your bloodstream increases, your behavior and body functions change. At first, you may feel happy and less inhibited.

The Recovery Of Drug and Alcohol Use

Recovering from the use of drugs and/or alcohol can sometimes be very difficult. You may go through withdrawals. These withdrawals will include, moodswings, nausea, vomiting, aches, pains, anxiety, and depression. Withdrawals take days or even weeks.

There are many ways to recover from the use of drugs and alcohol. You can go to rehab, you can take medications, go to therapy, or meetings.

Say NO To Drugs

And

Alcohol

Prevent alcohol and drug use in your community

