



CONNECT WITH EASE

Employee Assistance Service for Education

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10 Proven Tools For Mental Wellness to Help You Feel Stronger and More Hopeful:

"Mental Health America"

Connect with others

Stay positive

Get physically active

Help others

Get enough sleep

Create joy and satisfaction

Eat well

Take care of your spirit

Deal better with hard times

Get professional help if you need it

MESSAGE FROM EASE DIRECTOR

Dr. Emily Hernandez, LMFT

As the new Director for EASE, I am excited to be a part of this program and to work with so many amazing districts, schools, community colleges, and employees in education. Having worked in public education and mental health for over 20 years, I have a true passion for working with educational agencies, communities, and families on the importance of access to mental health! The EASE program offers a truly unique service specifically designed for employees in the educational sector that is unlike other Employee Assistance Programs. I am looking forward to the opportunities for leadership and growth of the EASE program and providing excellent supportive services to employees in the county of Los Angeles. I hope you enjoy the EASE monthly article and I invite you to connect with EASE to support you in health and wellness!



EASE CAN HELP DURING DIFFICULT TIMES CONNECT WITH EASE: (800) 882-1341

Free confidential professional help for district employees and family members:

Family troubles. Emotional distress. Job stress.
Anxiety. Drug/alcohol use. Grief. Loss.
Life transitions issues.

Professional counselors are ready to help.
Call the EASE Hotline for 24/7 assistance.

CLEAR MIND: IMPACT OF ALCOHOL ON MOOD

EASE Monthly Article

Alcohol remains one of the world's most widespread recreational drugs. While alcohol can have a very temporary positive impact on our mood, in the long term it can cause big problems for our mental health. It's linked to a range of issues from depression and memory loss to suicide. While an occasional glass of wine with dinner may not be a cause for concern for most people, the cumulative effects of drinking hard liquor, wine or beer can take its toll. Excessive drinking does a lot of long-term damage to the body and mind. Alcohol is a depressant, which means it can disrupt that balance, affecting our thoughts, feelings and actions.



ALCOHOL FACTS:

- **Alcohol actually alters your brain chemistry.**
- **Alcohol can increase anxiety and stress rather than reduce it.**
- **Alcohol can cause a vicious depression cycle that is difficult to get out of.**
- **Alcohol is linked to suicide, self harm, and psychosis.**
- **Alcohol can damage your memory.**

One of the greatest benefits of reducing alcohol is a healthier heart and longer life. Some people who drink heavily may develop a physical and emotional dependency on alcohol. If you want to experience the positive benefits of drinking less, a good way to ease into it is to try having alcohol free days.

Depending on the risk for withdrawal symptoms, detoxification can be managed on either an outpatient or inpatient basis. Make an appointment with your primary healthcare provider if you have concerns about your drinking. Your provider will talk with you about your symptoms and do an initial evaluation to see if drinking might be causing your body and mind harm..

Benefits to mind and body by reducing alcohol intake

- **Improved Energy Levels** - Regular drinking can affect the quality of your sleep making you feel tired and sluggish.
- **Positive Impact On Your Appearance** - Alcohol tends to make people look older. Alcohol is a diuretic, it dehydrates the skin and reduces its elasticity. After stopping, collagen levels are slowly restored.
- People who drink excessively usually carry more weight around than those who abstain. **Weight loss** is a great benefit of reducing your alcohol intake.
- Alcohol is expensive! The benefits of an alcohol detox are not just physical. It can have **financial benefits**, as well.
- The whites of the eyes can appear yellow in many individuals who drink. The liver is a regenerative organ. This means that it can repair itself when it is given the time to do so. **The body can heal and repair itself with time!**

Are you drinking too much? Take a Drink Assessment

<https://www.drinkaware.co.uk/selfassessment>

For more information on research, advice, and tools to use to support yourself or a family member to have a healthier body and mind. Click below.

<https://www.drinkaware.co.uk/>

TALK TO US

EASE has counselors if you want to talk.

(800) 882-1341