

# OPTIMA EAP THOUGHT OF THE WEEK

## ***November – Substance Misuse***

Drinking and drug use is increasing and can come with serious risk and devastating consequences. To prevent substance use, it's important to understand why people may use drugs and alcohol.

According to the National Institute on Drug Abuse, people begin for a variety of reasons, including:

- **To feel good** – feeling of pleasure, "high," or "intoxication"
- **To feel better** – relieve stress, forget problems, or feel numb
- **To do better** – improve performance or thinking
- **Curiosity and peer pressure** or experimenting<sup>1</sup>

To help deter people from engaging in substance use, you can openly discuss the risks and proactively identify healthier activities that are enjoyable, relieve stress, or provide productive respite, and learning.



EAP Thought of the Week is developed exclusively for Optima EAP clients by the Optima EAP staff.

**Optima EAP is available to assist when you experience challenges at home or at work.  
Call to schedule a confidential appointment with a licensed clinical professional.**

**1-800-899-8174**

**Visit our website at [OptimaEAP.com](https://www.OptimaEAP.com) for additional topics and information.**

**OptimaHealth**   
Employee Assistance Program

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<sup>1</sup> [NIDA.NIH.GOV](https://www.NIDA.NIH.GOV) | [National Institute on Drug Abuse \(NIDA\)](https://www.NIDA.NIH.GOV)