

MOOD

Think before you drink. Alcohol may not always affect you in the same way. If you are upset, stressed out, tired or angry, alcohol may have a stronger impact than it might normally have.

Think about this for a minute: did your boyfriend or girlfriend just dump you? What is your mood as you get ready to go to a party? If you are feeling OK, it's a much safer time to drink. Drinking when you're bummed out is an escape and could even be an indicator of problem drinking.

Ask yourself how drinking will affect your body tonight. If you're a woman there are additional things to consider: time of the month, whether you are you using oral contraceptives. All of this can play a role in how alcohol will affect you.

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