

“Alcohol free”

Kaunas, Lithuania November 2 - 9 (+1 travel day), 2019



Problem

According to the Global status report on alcohol and health 2014 published by World Health Organization, Lithuania was in top 10, together with Romania, Poland, Czech Republic, Belarus and others by the alcohol consumption in the world. The situation hasn't changed a lot during several years, and tendencies of alcohol consumption in these countries stay the same. This project and deeper discussion about alcohol consumption and refusing to do it – choosing life will raise awareness of youngsters and make positive impact to society, and also help youngsters with fewer opportunities to integrate into economic and social life.

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What are the consequences of using alcohol?

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Alcohol consumption has many negative effects to body, mental health and relationships. Giving up alcohol can come with significant health benefits. Here's just a few reasons why stop drinking can make people feel happier and healthier...

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1. Feeling better

When someone drinks excessively, their body is required to work overtime to process the drug. The liver goes into overdrive to metabolize it. The brain goes haywire as it tries to calibrate itself. The heart and lungs pump at irregular speeds. People who don't drink, on the other hand, tend to be much healthier. Because the body is freed from processing toxic chemicals, it can focus its energy on other things. As a result, the mind and body are able to function at optimum levels.

1

FEELING BETTER

Alcohol numbs the brain. When drinking stops, communication between the neurons and neurotransmitters normalizes



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2. Looking younger

Alcohol tends to make people look older. It's quite bad for the skin. It's a diuretic, which means that it dehydrates the body. Without proper hydration, the skin dries out and becomes less elastic. Additionally, research suggests that drinking actually ages the body's cells. It reduces the lifespan of the cells in the heart, liver, skin, and other organs. If someone's body is too unhealthy to produce new cells, the aging process becomes apparent. Their skin and other organs will start to deteriorate much faster.

2

LOOKING YOUNGER

Alcohol is a diuretic, it dehydrates the skin and reduces its elasticity. After stopping, collagen levels are slowly restored and redness disappears



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3. Saving money

The benefits of alcohol detox aren't just physical. It can have financial benefits, as well. After all, as anyone who drinks knows, the cost of alcohol can add up. By themselves, a few beers or a bottle of wine is only a few bucks. But, when someone drinks daily, or even weekly, the costs compound over time.

3

SAVING MONEY

On average, 4.5 million americans buy \$200 USD worth of alcohol on a weekly basis



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4. Social stability

Many people become isolated by their drinking problem. The condition causes folks to feel guilty, ashamed, and alone. Blinded by the booze, they often forget that there are people in the world who love them and want to connect with them.

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SOCIAL STABILITY

For men, more frequent heavy drinking was related to higher peer-nominated status.

This could be seen as a “social-glass cannon”



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5. Loosing weight

Alcohol is very high in calories. And, the calories in alcohol are empty. The body processes and stores alcohol as sugar, which eventually converts to fat. People who drink excessively usually carry more weight around than those who abstain.

5

LOSING WEIGHT

Alcohol contains almost double the caloric content than most proteins and carbs have (7 per gram) coming second only to fat itself (9 per gram)



Alcohol inhibits the brain's capacity to focus, particularly on small tasks. This is why most drunks seem "scatterbrained" when trying to pay special attention to something



6. New activities

Drinking takes up a lot of time. Partying, of course, is time-consuming by itself. But, add on all the time it takes to get alcohol and tack on recovery time and, well, it adds up. Finding a new hobby is important for staying sober. Some former alcoholics turn to exercise. Others focus on music. Some people prefer to fish, read, or garden. It's not important what the hobby is, as long as it gives the addict something to occupy their mind. People have much more time and energy to focus on doing the thing they love without being interrupted by booze and hangovers. Also, people discover more different activities.



7. Sleeping quality

Most people don't realize how much drinking affects their sleep habits. But, it does. This may seem strange due to the fact that alcohol makes people sleepy. However, a drunk person's sleep quality is not as good as that of a sober person. Once someone quits alcohol, they'll reap far more benefits from their sleep.

10 NO MORE TROUBLED SLEEP

Several studies have shown that individuals who initially drink to sleep better but delve into abuse end up suffering severe cases of insomnia



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7. Health

- Mental stability
- Organs function
- Less depressed
- More intelligent/better brain work
- Better focus

