

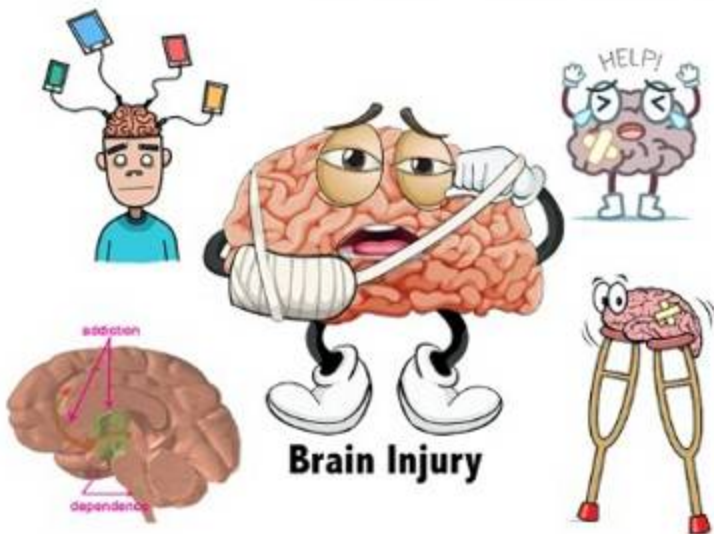
# LOYOLA COLLEGE, Chennai

COMMEMORATES



The International Day against Drug Abuse & Illicit Trafficking, June 26, 2021

Theme "sharing facts on addiction"



- Use of alcohol & drugs leads to Severe Brain Disease & damage.
- Young brain - more damage.
- Brain Disease starts as fun, experimentation, stress relief, for boredom, loneliness.
- Triggers "Reward/Pleasure centre" of brain. Hence keep repeating use till the brain becomes very sick & loses control.
- Mobile Abuse = Alcohol and Drug Abuse, same severe damage.

## Warning signs to watch out for in Drug & Alcohol abuse / Mobile Abuse

- Spending increasing time, money, efforts on it [thinking of it, getting it, using it].
- Failing attempts in trying to cut down usage.
- Feeling low, uncomfortable, irritable, restless, unstable when its not available or prevented from using.
- Giving importance to it over studies, friends, family time and commitments.
- Finding it difficult to give it up even if health, studies, relationship and routines are affected by it.



## HELPFUL TIPS

- Healthy and happy activities replace drugs, alcohol/mobile abuse.
- Spend time with people you love and mean well for you.
- Plan life goals, work one step at a time towards it.
- Junk food and media are both harmful.



Make responsible and self respecting choices & decisions...  
your decisions determine your destiny!

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