



# THE BANYANS

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REDISCOVER THE FULLNESS OF LIFE

SUPPORT GUIDE  
**ALCOHOL MISUSE**

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# WHY AM I READING THIS?

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Alcohol is a very prominent part of many cultures across the world, particularly in Australia. Social events, celebrations and relaxation activities often place alcohol front and centre, and it is easy to unintentionally develop an unhealthy relationship with the substance.

Someone in your life – maybe your parents, spouse, children, a friend or colleague – has seen some potentially detrimental patterns in your life regarding alcohol and is worried about you. They care for you, and believe that you may be experiencing some challenges and could benefit from seeking additional support. Your loved one hopes that you can understand their position of care and concern for you, and that they can help support you through your experiences.



# WHAT IS ALCOHOL MISUSE?

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Alcohol misuse covers a broad range of unhealthy behaviours regarding alcohol consumption. These behaviours could include (but are not restricted to):

- frequent or excessive alcohol intake,
- risky or dangerous consumption,
- alcohol dependence (psychological or physical),
- or hidden behaviours pertaining to alcohol.

Alcohol misuse may also be referred to as alcohol abuse, alcoholism or alcohol addiction.

In Australia, the National Drinking Guidelines recommend no more than two standard drinks per day, and no more than four more standard drinks on any occasion. One standard drink contains 10g of alcohol (12.5mL of pure alcohol). This is equivalent to 375mL of mid strength beer (one can) or 100mL of standard white or red wine.

Alcohol misuse is a clinically diagnosable condition, and can be overcome with professional support.

## ONE STANDARD DRINK



**BEER**  
375 mL  
Mid Strength  
3.5% Alc. Vol

**CHAMPAGNE**  
110 mL  
Regular  
12% Alc. Vol



**WINE**  
100 mL  
Standard Red or  
White  
13% Alc. Vol

**SPIRITS**  
30 mL  
High Strength  
40% Alc. Vol



# HOW DO I KNOW IF I AM EXPERIENCING ALCOHOL MISUSE?

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Honestly consider the following questions. If you answer *yes* or *maybe* to four or more, you may be experiencing an unhealthy relationship with alcohol.

1. I feel like I should cut back on the amount of alcohol I consume.
2. I feel guilty or bad about the amount of alcohol I consume, or how frequently I drink alcohol.
3. Once I start drinking alcohol, I find it very difficult to stop.
4. Others have expressed concern about the amount of alcohol I consume, or the effect alcohol has on me.
5. I regularly exceed the recommended alcohol intake guidelines.
6. I feel like I need an alcoholic beverage to enjoy myself, relax, wake up or fall asleep.
7. I am unable to remember some or all of the day or night because of the amount of alcohol I consumed.
8. I fail to do what is expected of me because of my alcohol consumption, or the effects of my alcohol consumptions (eg. Late to work, missed appointments, poor memory or concentration due to hangover).
9. I lie about, downplay or hide my alcohol and/or consumption habits.
10. I find myself thinking about when my next alcoholic beverage will be, or planning how I will obtain it.

*Note: These questions were adapted from the Alcohol Use Disorders Identification Test (AUDIT) and is intended to assist in facilitating conversation about alcohol misuse. This is not a clinical diagnosis of alcohol dependence or misuse. .*



# WHY SHOULD I SEEK HELP FOR ALCOHOL MISUSE?

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There are both short- and long-term reasons for seeking recovery from alcohol misuse. Not only does alcohol consumption impair clarity of mind, decision making and sleep, it also has significant impacts on your body's natural digestive processes and nutrient absorption.

Health consequences include increased risk of injury while under the influence of alcohol, increased likelihood of chronic liver, heart and kidney disease, and increased chance of experiencing a stroke and heart attack.

Some people also experience serious emotional and relational strain, with alcohol misuse and the associated behaviours eroding marriages, families and professional relationships. This may lead to higher instances of mental health challenges, such as depression and/or anxiety.

# WHAT ARE THE BENEFITS OF RECOVERY?

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The journey to recovery can be difficult, but it is an investment in your health and happiness that reaps great rewards.

After only a few days, the organs responsible for removing toxins from your body will begin to rebuild and regain strength. These organs - your liver, kidney and intestines - are also responsible for water absorption, nutrient uptake and metabolism. You are likely to notice improvements in your skin, appetite and sleep routine, as well as other longer term health benefits.

Alcohol misuse has also been correlated with poorer mental health, such as experiences of low mood (or in chronic cases, depression), anxiety and reduced motivation. In improving your physical health, your mental health will likely improve also - allowing you to regain fullness of life!





# WHAT ARE MY OPTIONS FOR RECOVERY?

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If you have decided that investigating support options is something you would like to do, then you have already commenced the journey to recovery from alcohol misuse. Congratulations!

There are many options for recovery and rehabilitation. This journey may include counselling, psychology, medication, a medically assisted detox, or rehabilitation program.

The Banyans Health and Wellness is a privately-funded recovery option for those seeking discrete and individual support for alcohol misuse and other co-occurring conditions such as mental health challenges. Our residence hosts a maximum of eight guests at a time, and our tailored approach means that your program will be perfectly suited to your experience and recovery needs.

Please call The Banyans on **+61 1300 BANYAN (1300 226 926)** if you would like to engage in a confidential discussion about our recovery programs.