

ABSTEMIOUSNESS (BALANCE)



FACTS

- Male smokers have 22 times higher risk of lung cancer
- Adolescents drinking alcohol are 8 times more likely to use illicit drugs
- Most highway deaths involve the use of alcohol

SIGNS OF A DRUG PROBLEM

- Getting drunk or high on drugs regularly
- Drinking or using drugs when alone
- Needing more to get the same high
- Denying the problem of addiction

HOW TO BREAK AN ADDICTION

- Think about the negative results of your addiction
- Replace your old habits with better ones
- Resist temptations – avoid exposure to stimulant
- Get the support of your family and good friends
- Trust in divine power to overcome your habits

HEALTHY HABITS

- Avoid all forms of caffeine, tobacco and alcohol as consuming these items increases your risk of heart disease. If you currently smoke or drink, you need to stop immediately
- Chew your food slowly and thoroughly to avoid digestive issues
- Avoid snacking in between meals
- Eat at set meal times all you need for your meal
- Space your meals at least 5 hours apart
- Avoid wasting time and spend your time wisely and constructively
- Take restful periods in your life and avoid overwork.
- Avoid any form of competition
- Reduce excess weight, which contributes to many sickness and disease
- Check the side-effects in your medications as it can have an effect on you

**TOTAL ABSTAINANCE FROM THAT WHICH IS
HARMFUL AND MODERATE USE OF THAT
WHICH IS GOOD**

