

Are You in a Funk? Try Not to Drink Alcohol

You go to an office holiday party, and they are serving up free drinks. You hit the drink along with your colleagues. You are all having a good time. The same happens at family gatherings. A relative prepares some mulled wine, and the smell permeates the entire house. It smells like the holiday. You have to have some.

For many people, there is nothing wrong with indulging in a few holiday spirits. It's a warming feeling, and as long as you drink in moderation, you can enjoy a few drinks on occasion. However, once the holidays are over, people often use alcohol to get through the slow months.

The problem is alcohol is a depressant. If you are using alcohol to try and pick you up during those dark and slow days, it may make the situation worse. It will end up doing the opposite as it will bring your spirits down. Worse, since you are not getting the pick-me-up that you hoped for you'll continue to drink. By the end of the evening, you are drunk as well as depressed.

You may think the answer to this is to use stimulants instead of alcohol. After all, if alcohol is a downer, it should follow that a stimulant is a way to go. However, this may pick you up initially. Then, you crash and have the need to be picked up again. When you continue down this path, you may become addicted to those stimulants, and feel you need them more and more.

Try to find ways that can boost your spirits that don't include drugs or alcohol. If you can do this, you can keep yourself up without risking addiction. If you decide that going out with friends is your way of picking yourself up, it is okay to have a drink. However, this shouldn't be the only way to keep your spirits up. It should go without saying that if you have a problem with drugs or alcohol to stay away from them and get help if you can't.

Hobbies are a good way to keep yourself occupied when you are in a funk. You can do these without using drugs or alcohol. Many hobbies involve other people

which increases the fun. Don't let alcohol or drugs be the first means of getting out of your funk. Look for other ways.