

# Effects of alcohol drinking

Binge drinking can lead to anti-social, aggressive and violent behaviour.

Alcohol depression = a vicious cycle

Warning signs that alcohol is affecting your mood include:

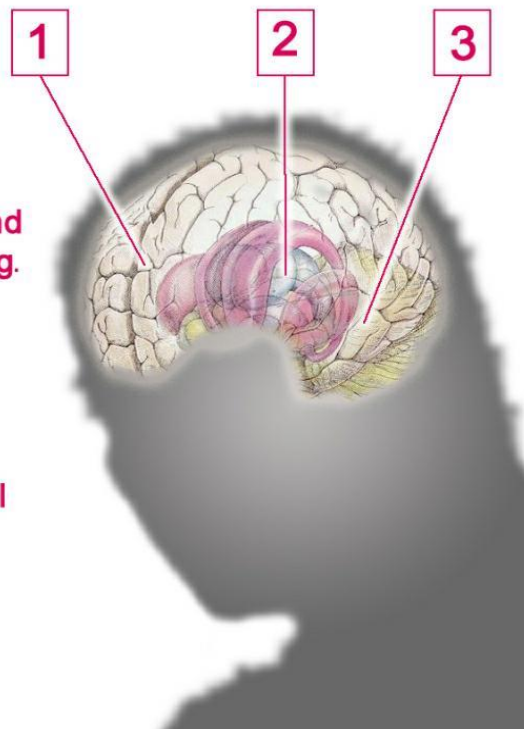
- [disturbed sleep](#)
- feeling [lethargic and tired](#) all the time
- low mood
- experiencing anxiety in situations where you would normally feel comfortable.

## HOW ALCOHOL ATTACKS THE BRAIN

A guide to the sequential damage alcohol inflicts on neural tissue

1. First, alcohol affects the forebrain and **assaults motor coordination and decision making.**

2. Then, alcohol knocks out the midbrain, and you **lose control over emotions and increase chances of a blackout.**



3. Finally, alcohol batters the brainstem as it **affects heart rate, body temperature, appetite and consciousness,** a dangerous and potentially fatal condition.

Avoid Alcohol  
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