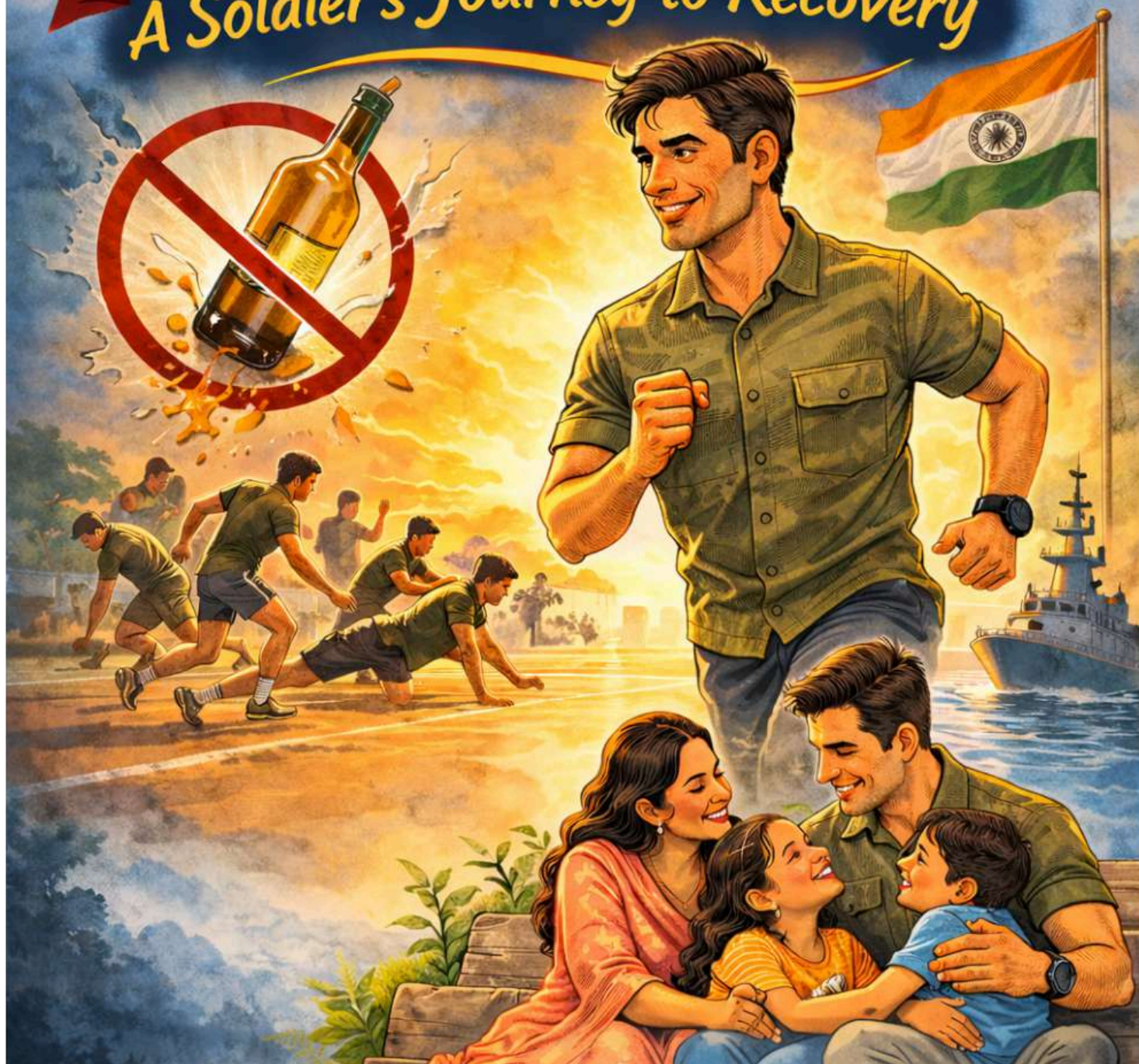


Overcoming

ALCOHOL DEPENDENCE:

A Soldier's Journey to Recovery

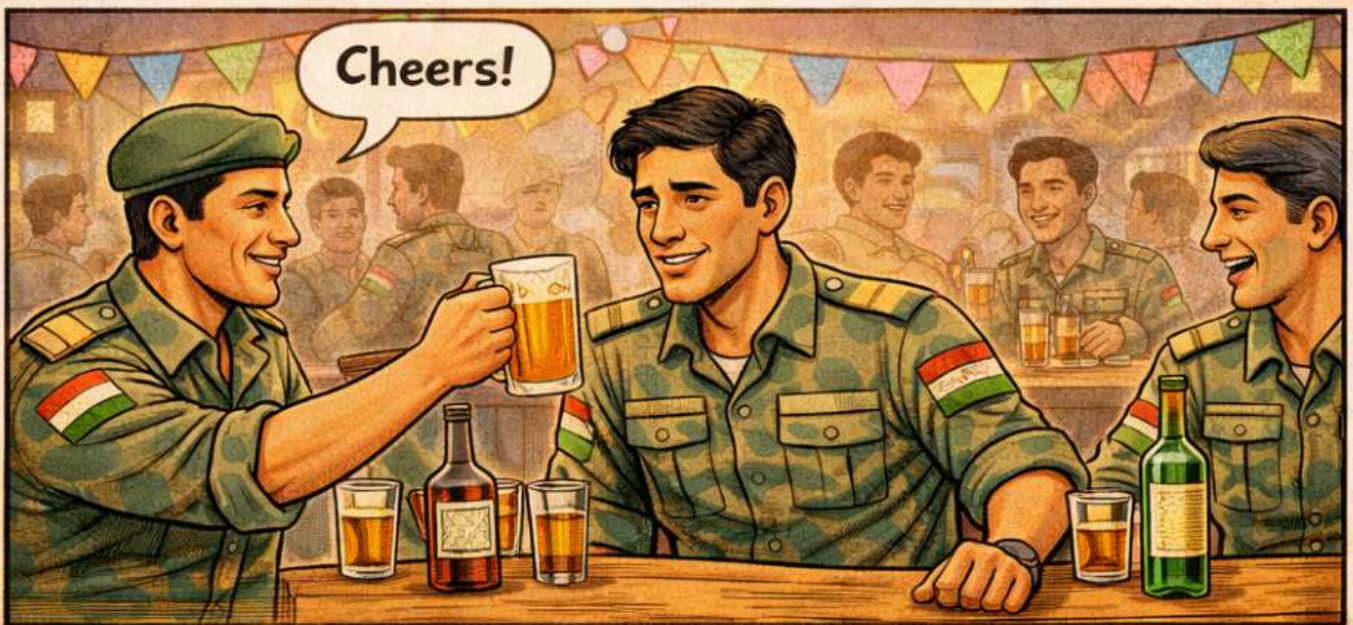


— By Prof (Dr) Priyadarshee Patra

The Beginning



It started as a social drink under peer pressure.



Gradually, alcohol became part of his routine.

TOLERANCE DEVELOPS

Early days.



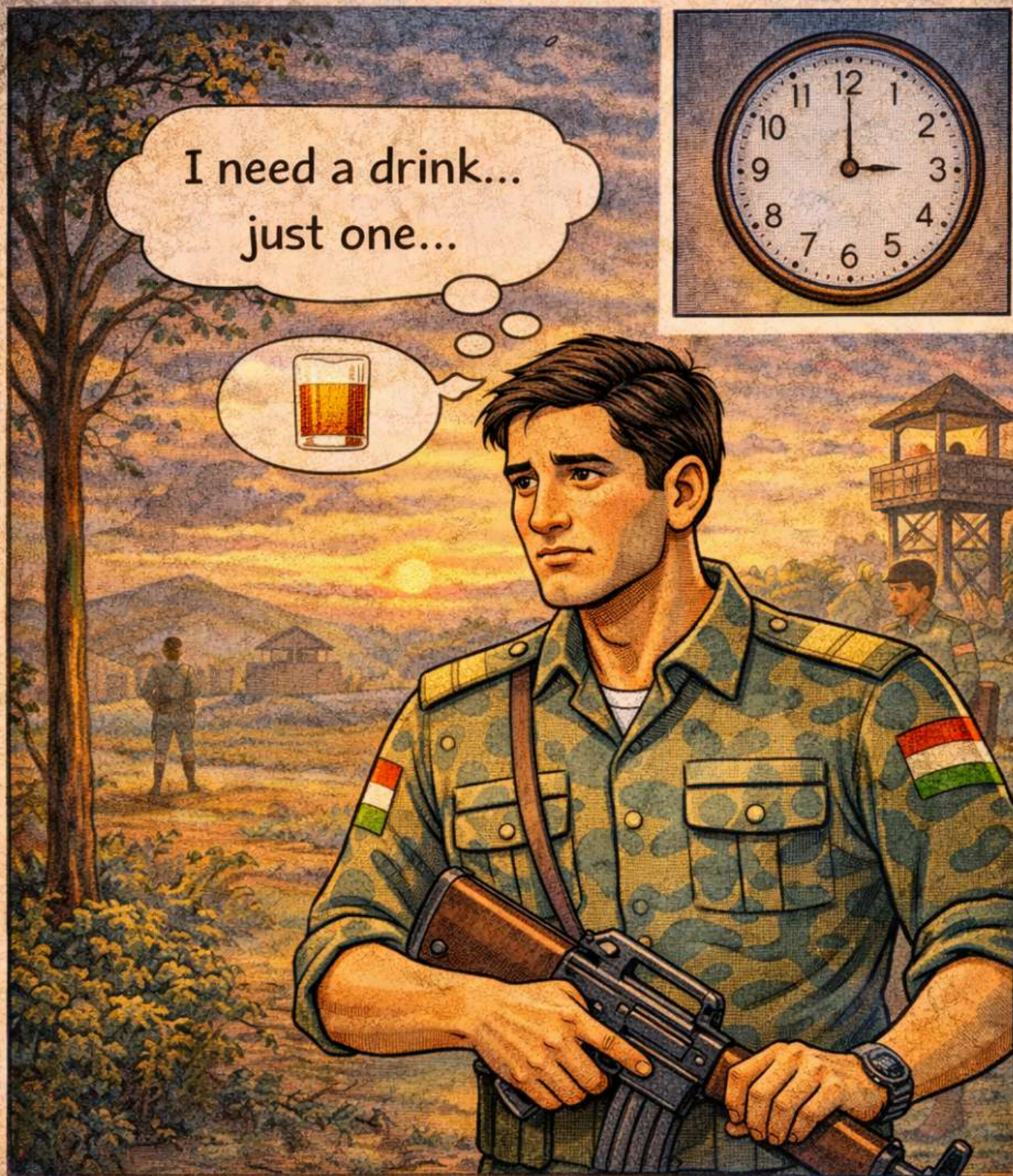
1 drink made him tipsy!

Later.

You can really handle
your drinks now!



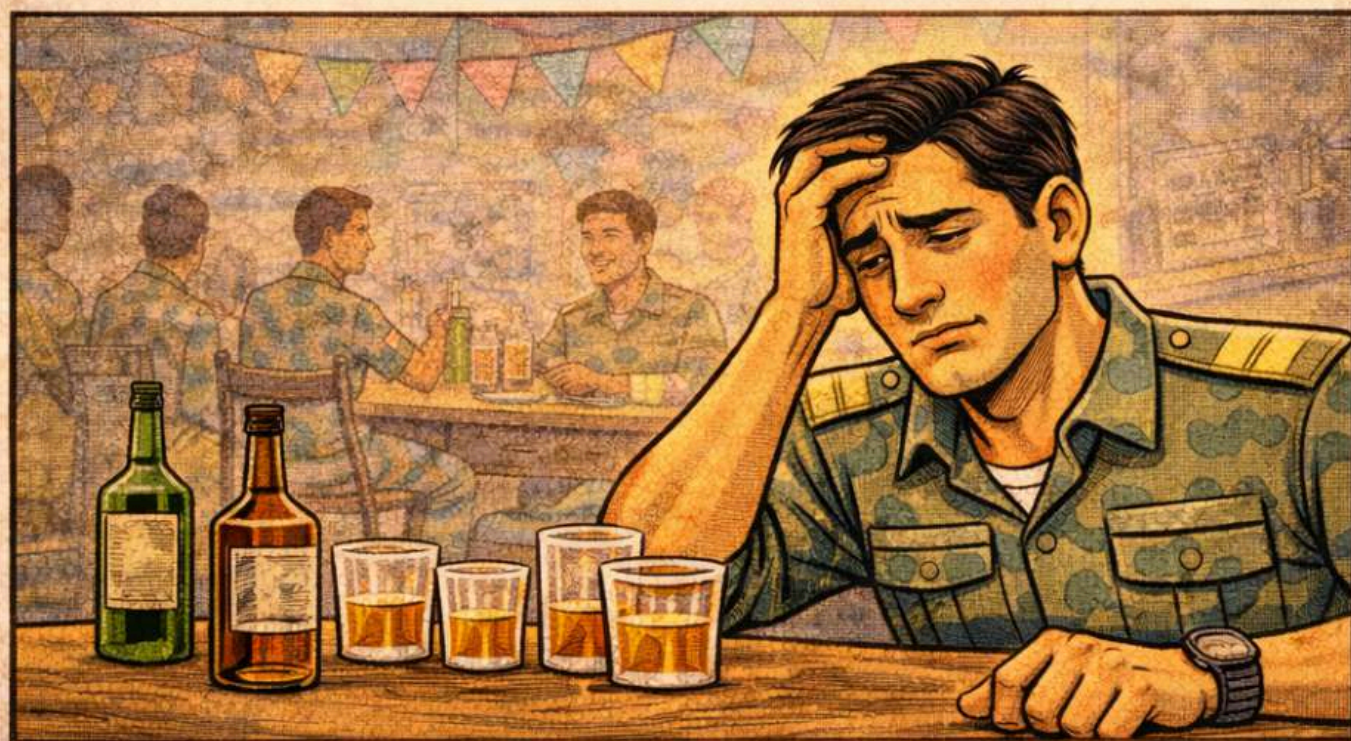
Over time Praveen needed more alcohol to feel the same effect.



A strong desire or craving began to control his thoughts.



Getting alcohol became the most important part of his day.



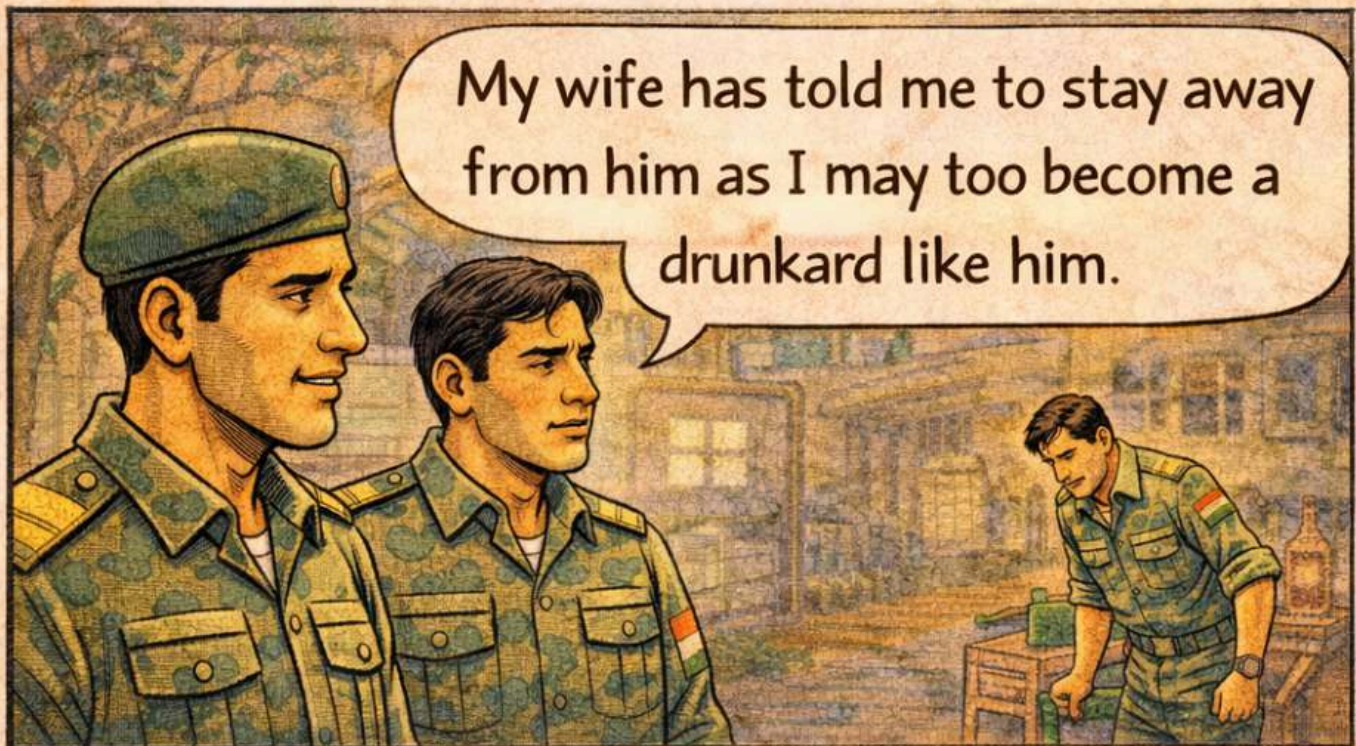
He has lost control over his drinking.

My hands are
shaking ...
I feel terrible!



When he stopped drinking, he developed
withdrawal symptoms.

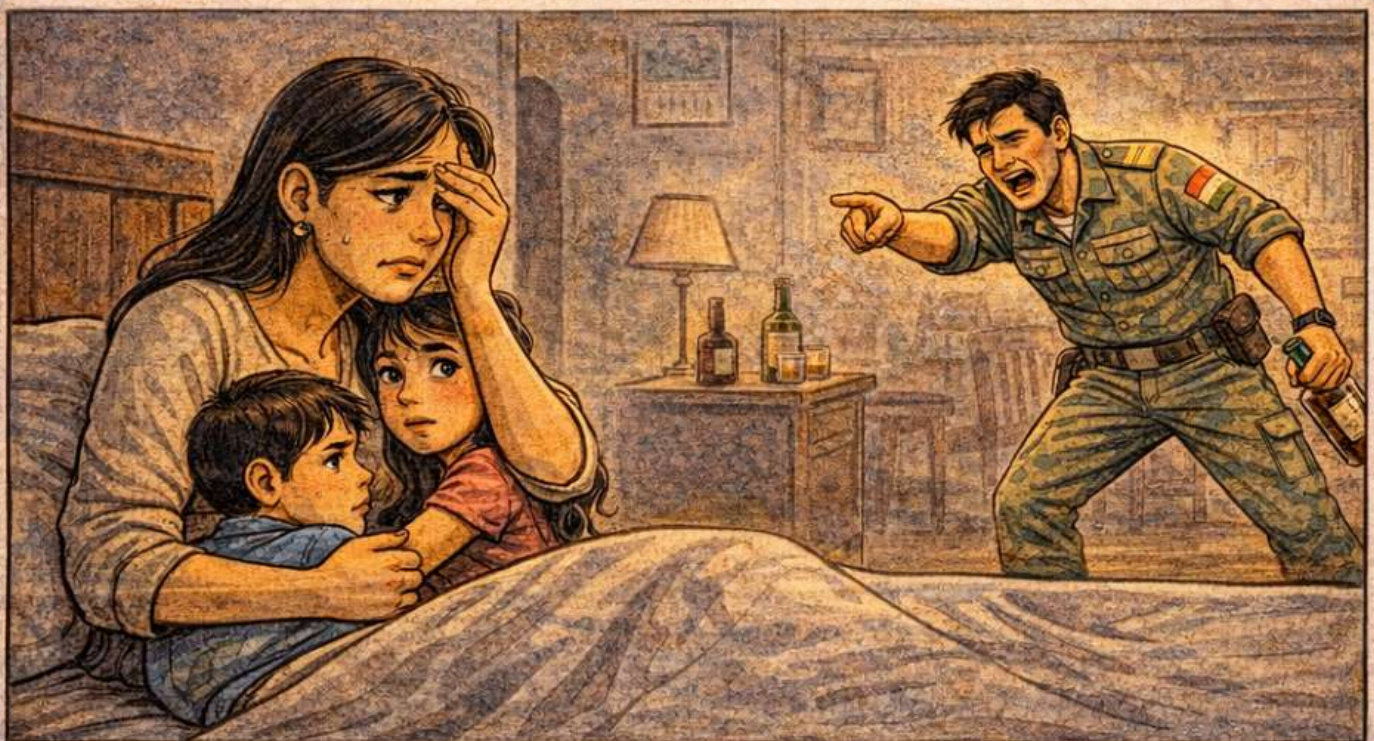
Neglect of Duties



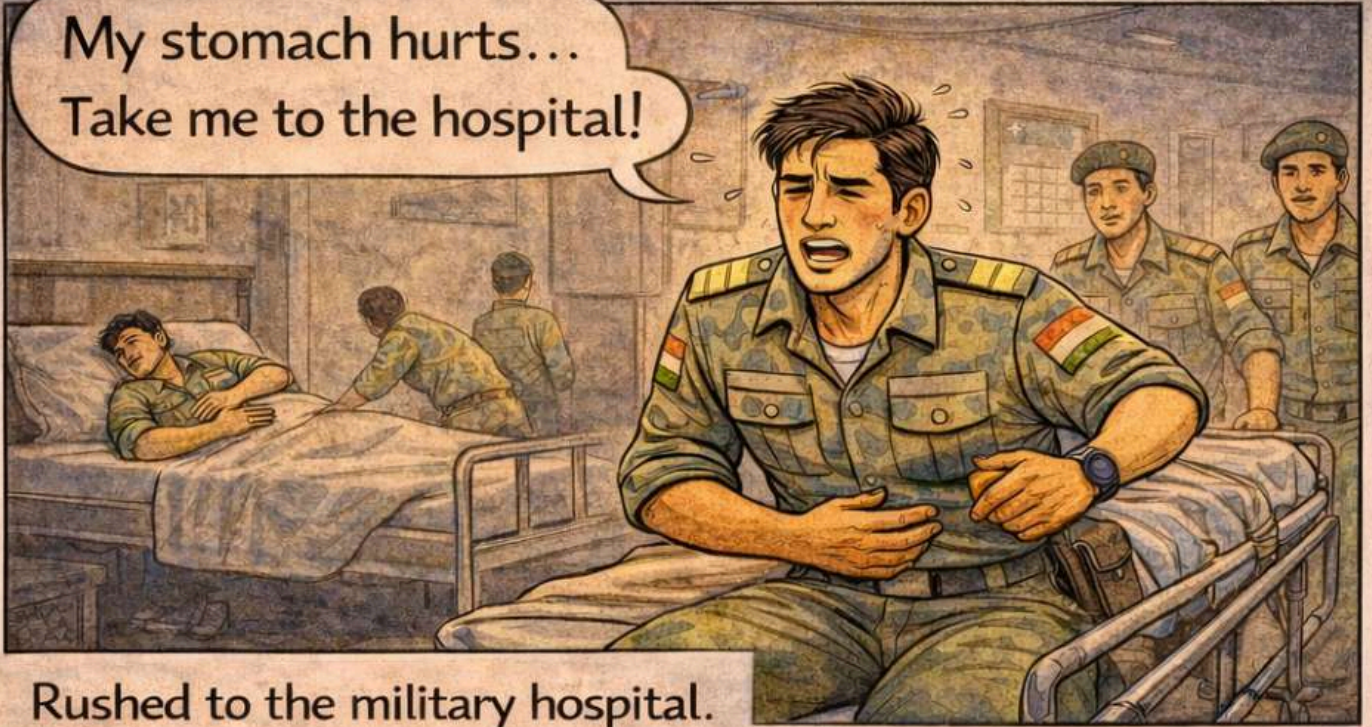
Alcohol slowly took priority over work and responsibilities.



Alcohol affected his relationship with his wife and children.



My stomach hurts...
Take me to the hospital!



Rushed to the military hospital.



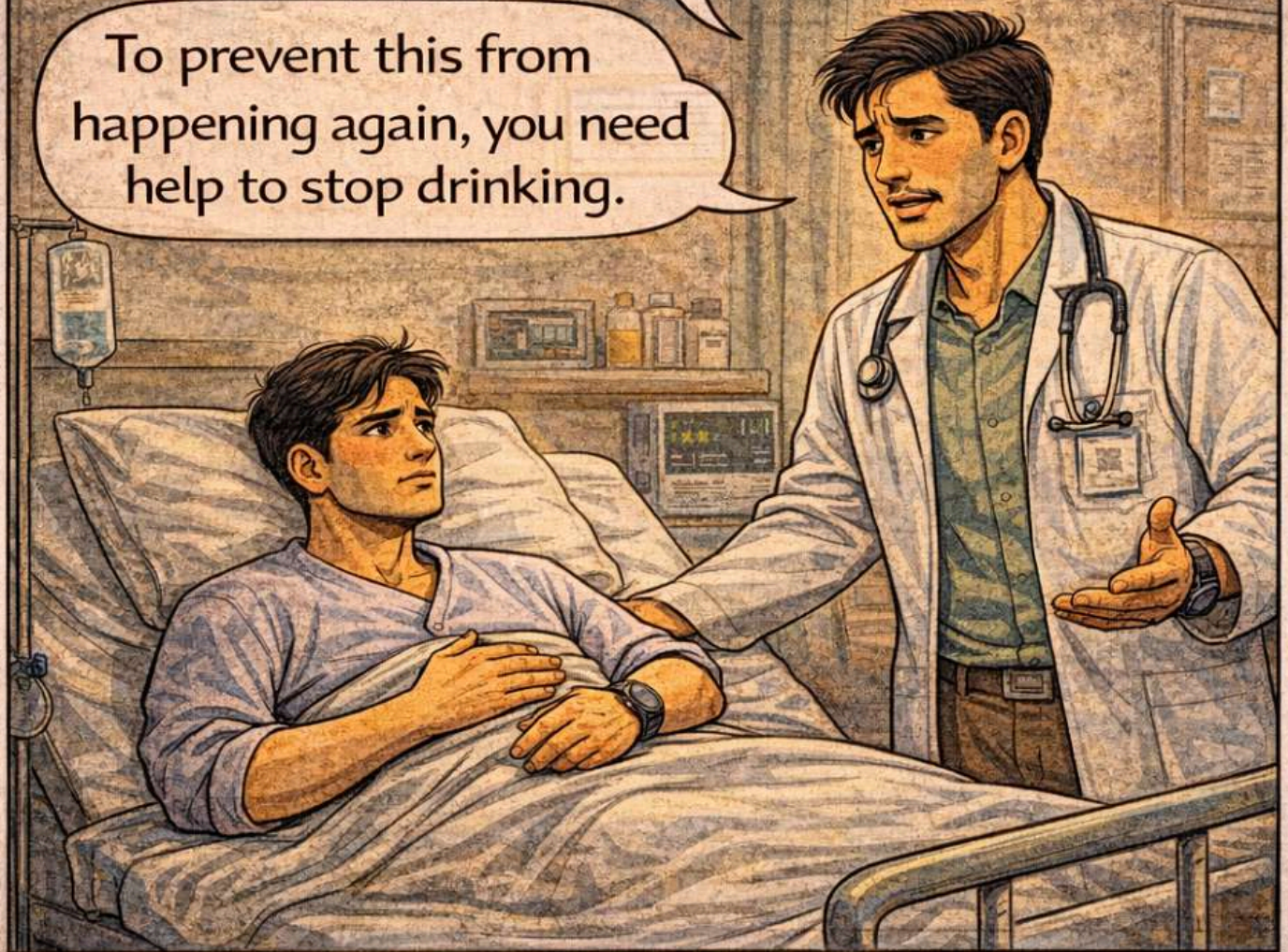
You have acute
pancreatitis caused
by alcohol.



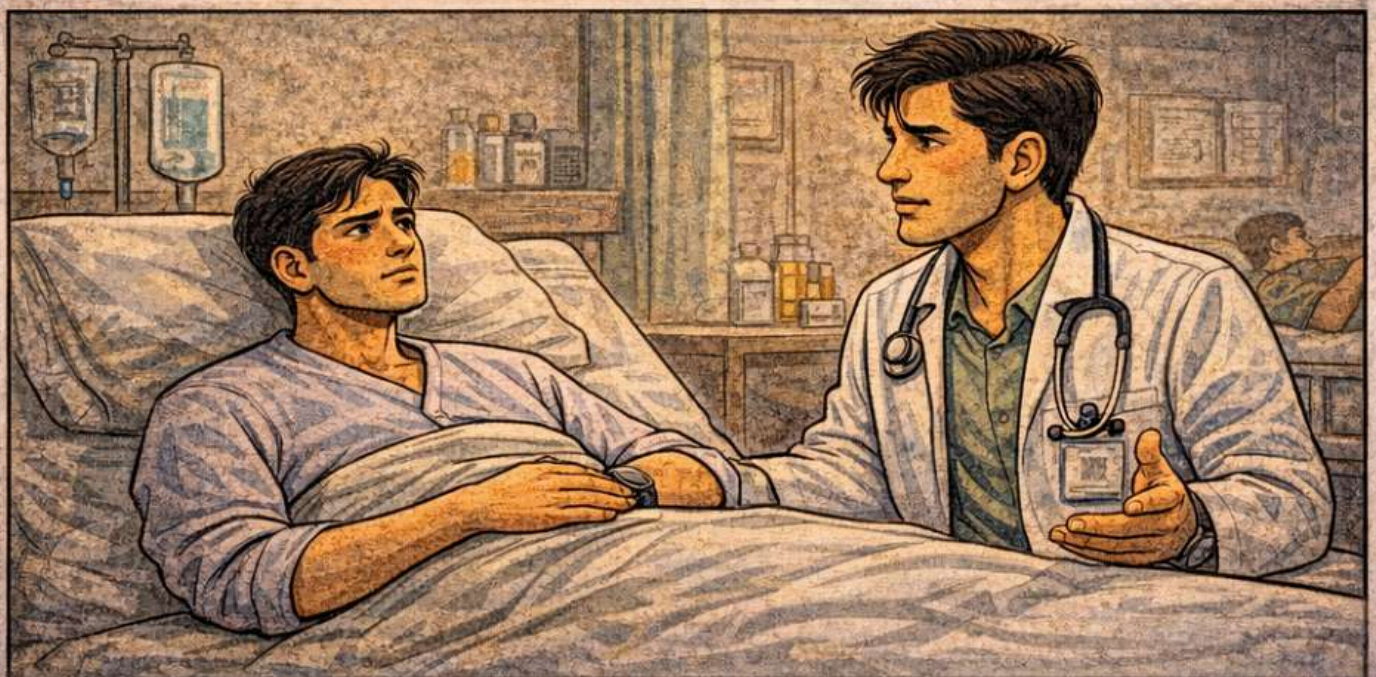
You have to completely stop alcohol consumption.

Praveen, your pancreatitis was caused by alcohol.

To prevent this from happening again, you need help to stop drinking.



Praveen was referred to the Department of Psychiatry for treatment of alcohol dependence.



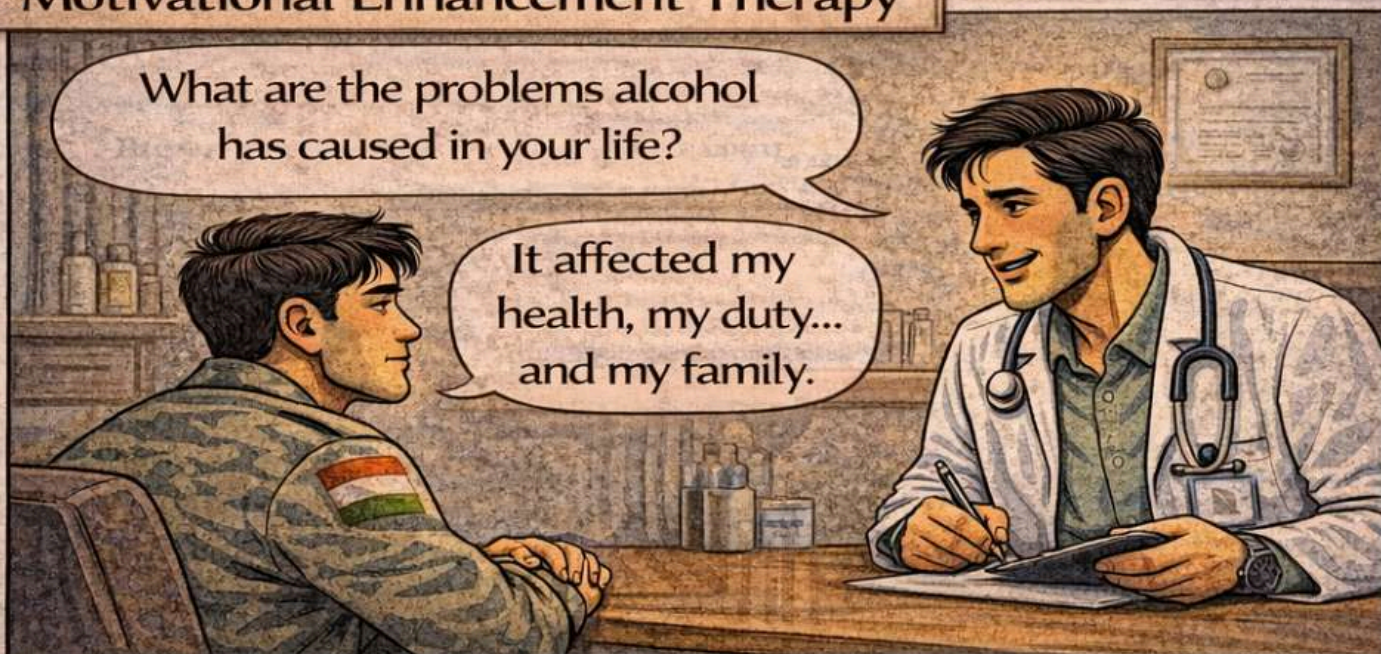
The Road to Recovery

Detoxification



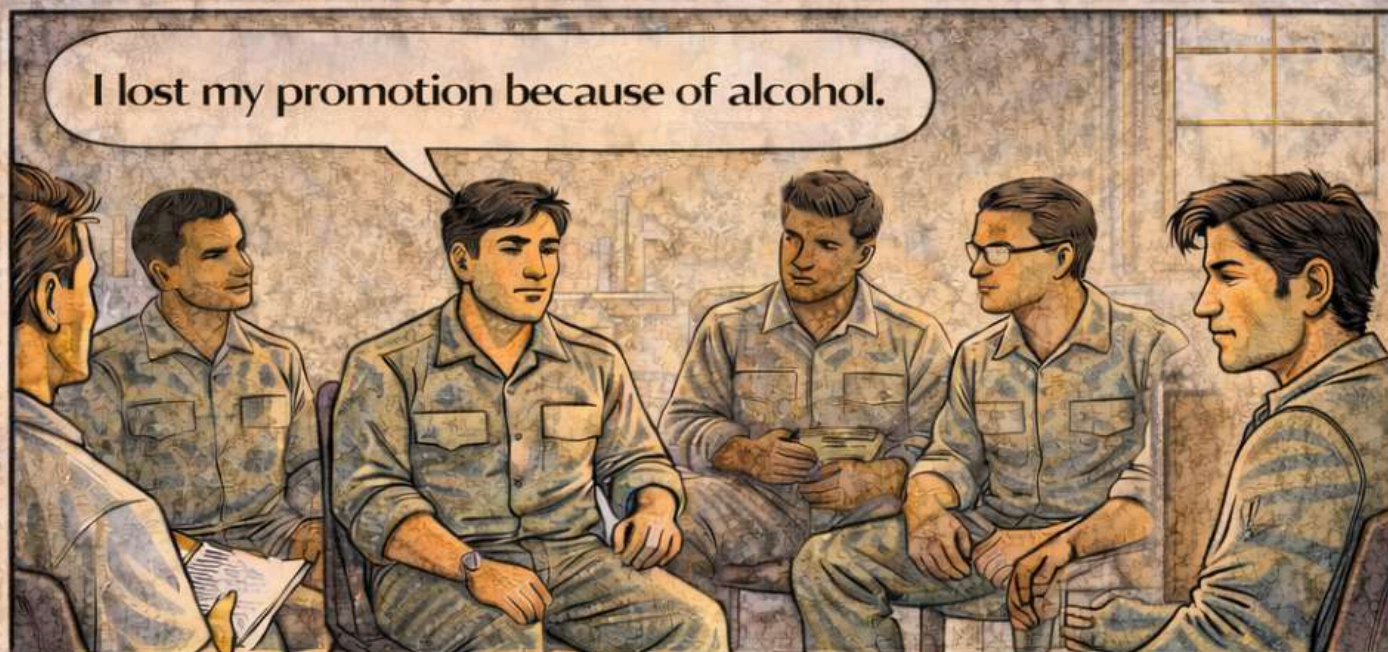
Praveen underwent medically supervised detoxification.

Motivational Enhancement Therapy



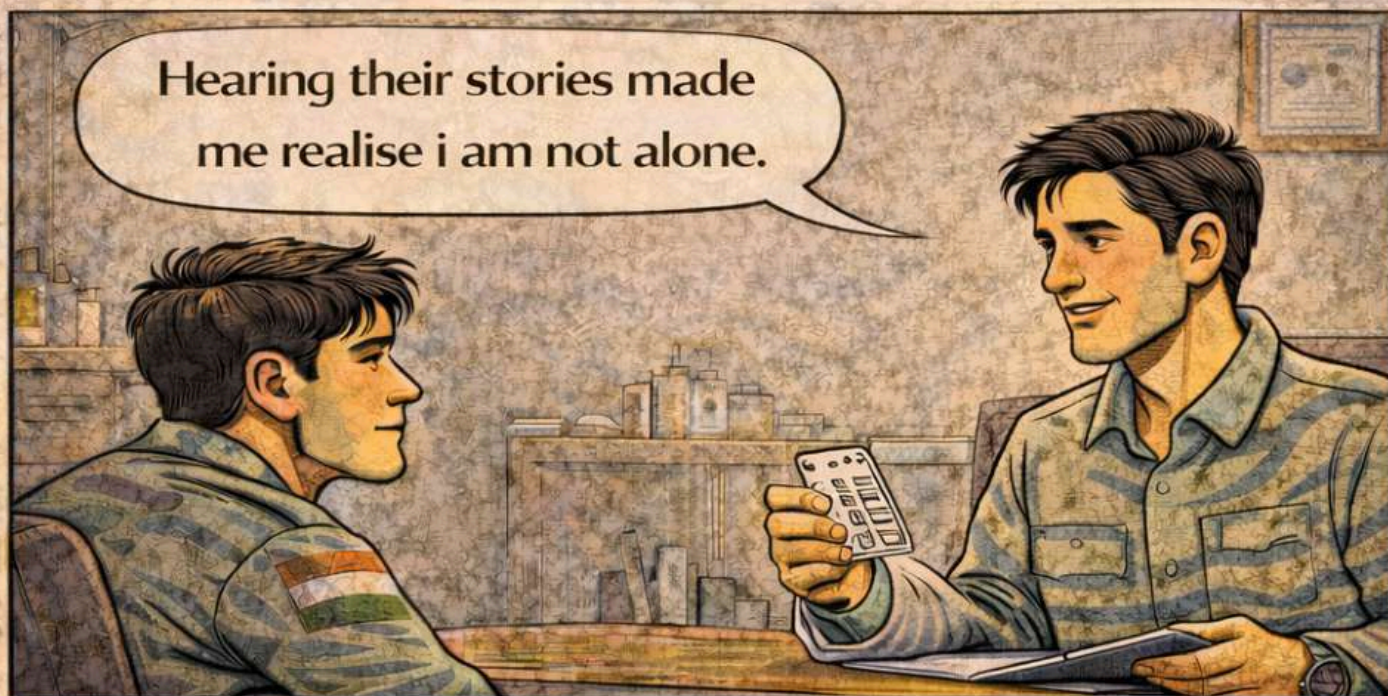
Through Motivational Enhancement Therapy, Praveen strengthened his desire to quit alcohol.

Group Therapy



I lost my promotion because of alcohol.

Group therapy helped him learn from others facing similar struggles.



Hearing their stories made me realise i am not alone.

He was started on anti-craving medication.



These medicines will reduce your craving for alcohol.

Managing Alcohol Craving

1. Delay the Urge

Technique: Delay

Tell yourself:

"I will wait for 20 minutes."

Cravings usually rise and fall like a wave.



Craving rising

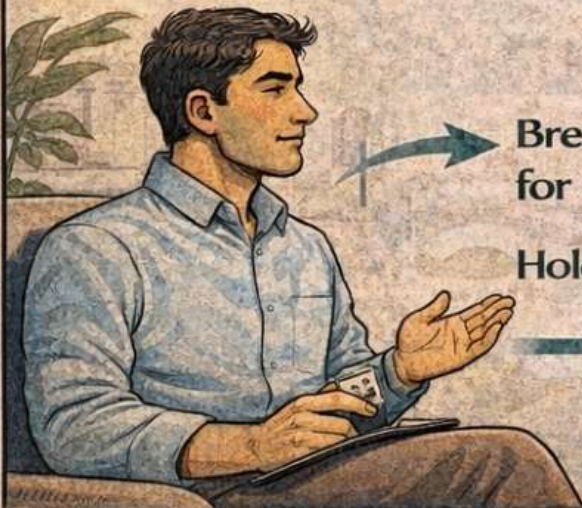


Delaying the urge helps the craving pass.

2. Deep Breathing

Technique: Controlled Breathing

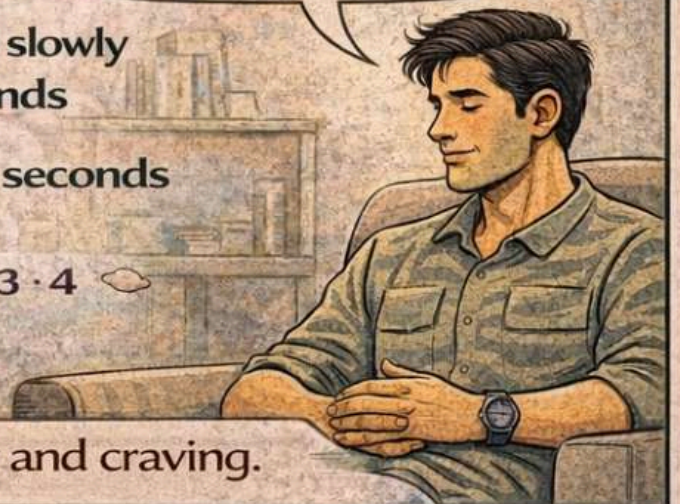
Take slow deep breaths.
Focus on your breathing.



Breathe in slowly
for 4 seconds

Hold for 4 seconds

1 2 · 3 · 4



Deep breathing reduces anxiety and craving.



1 Breathe in slowly for 4 seconds

→ 1 · 2 · 3 · 4 →

2 Hold for 4 seconds

→ 2 · 3 · 4 →

3 Breathe out slowly for 6 seconds

→ 2 · 2 · 3 · 4 · 5 · 6 →

3. Distract Yourself

Technique: Do something else

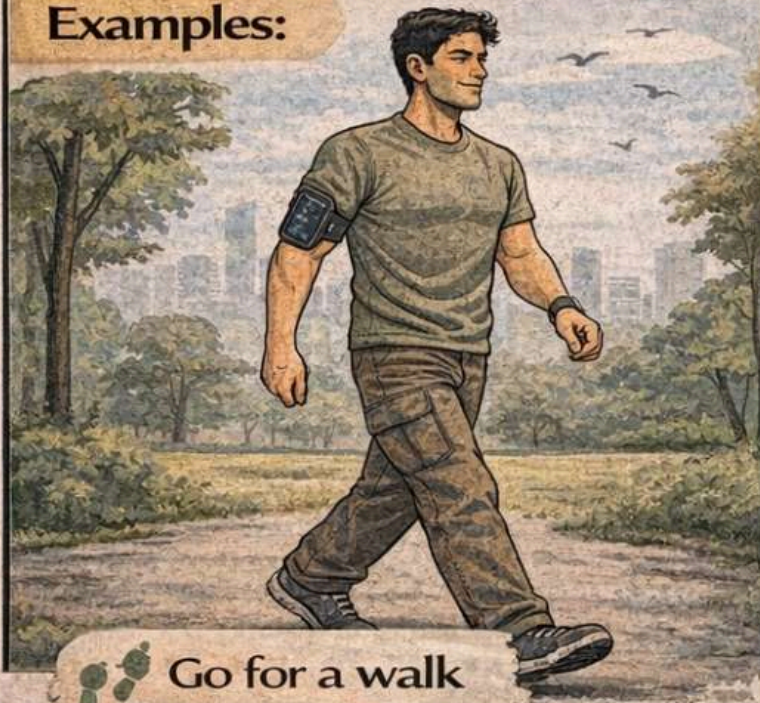
Examples:

- Go for a walk
- Exercise
- Listen to music
- Read a book

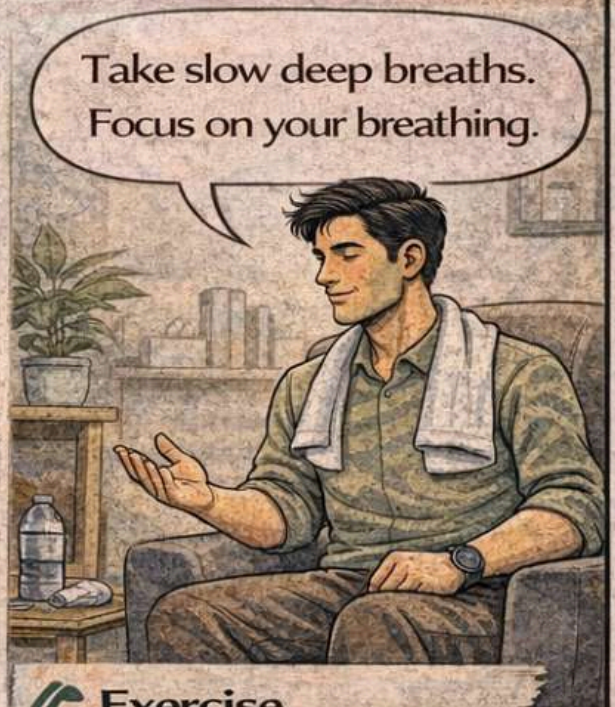
Engaging in another activity shifts attention away from alcohol.

3. Go for a walk

Examples:



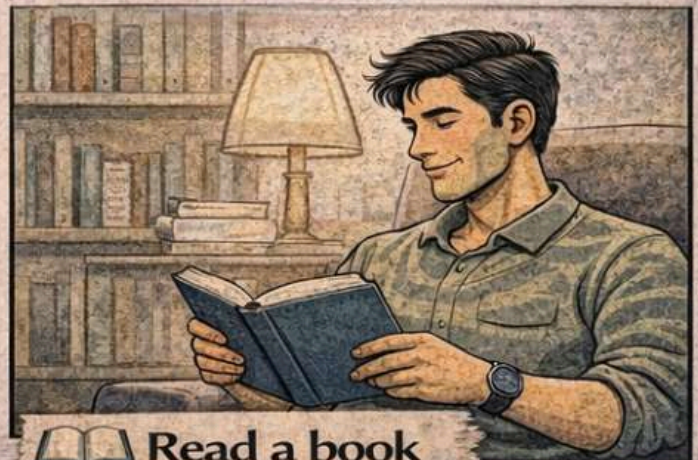
Go for a walk



Exercise



Listen to music



Read a book

Engaging in another activity shifts attention away from alcohol.

4. Reach Out for Support

Technique: Talk to someone

I am having a craving.
Can we talk?



Talking to a trusted person helps manage cravings.

5. Healthy Substitutes

Technique: Replace the habit

Examples:

- Drink water or juice
- Eat a healthy snack
- Chew gum



5

Drink water or juice



Eat a healthy snack

Healthy alternatives can reduce the urge to drink.

Recovery and Hope

A New Beginning

1. With treatment and support, Praveen slowly **regained control** of his **life**.



2. Praveen, have a drink!

No thanks. I don't drink anymore.



3. We are **proud** of you.

Papa is **healthy** again!

