



*BE KIND*  
**TO YOUR**  
**MIND**

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**ALCOHOL'S EFFECT ON THE BRAIN**

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# ALCOHOL'S EFFECT ON THE BRAIN



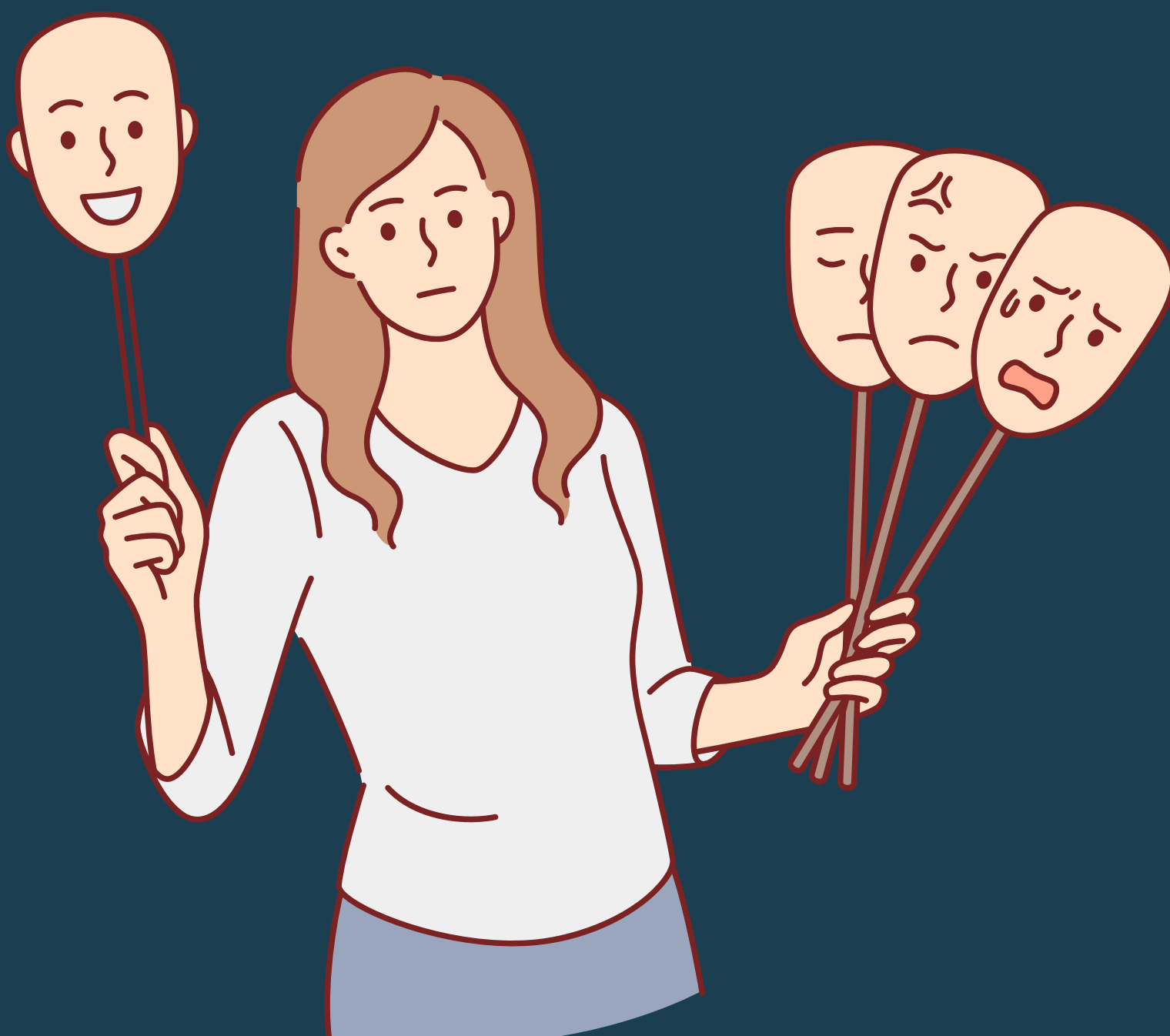
## Sensory Processing

- Blurred Vision
- Dizziness
- Headaches
- Slurred Speech
- Impaired Judgement



## Academics

- Can make it harder for students to recall study material & concentrate in class
- Negatively Affects GPA



## Mood

- Increases the Risk of Depression & Anxiety
- Can cause Rapid Mood Changes



## Sleep

- Sleep Disturbances
- Feel Fatigue the Next Day
- Affect REM Sleep Cycle





## REFERENCES

[HTTPS://WWW.NM.ORG/HEALTHBEAT/HEALTHY-TIPS/ALCOHOL-AND-THE-BRAIN#:~:TEXT=THIS%20STAGE%20IS%20OFTEN%20MARKED,HELPS%20WITH%20COORDINATION%2C%20IS%20IMPACTED](https://www.nm.org/HEALTHBEAT/HEALTHY-TIPS/ALCOHOL-AND-THE-BRAIN#:~:TEXT=THIS%20STAGE%20IS%20OFTEN%20MARKED,HELPS%20WITH%20COORDINATION%2C%20IS%20IMPACTED).

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