



SAFETY OUTLOOK

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Where does substance abuse begin? Part 3

We have been discussing the reasons someone might become dependent on illicit drugs and how to overcome those obstacles. In our initial newsletter of this series, we discussed the reason of ILLNESS. Be to sure to follow the prescription orders and discard any unused medications in an appropriate manner. Next, we discussed how STRESS can be a reason why someone may choose to abuse drugs. Communication, being pro-active, and staying physically active are all ways to combat stress and stay in control.

In this newsletter, we are going to talk about PEER PRESSURE!

If you think that peer pressure only happens in your teen years, think again! There can be peer pressure in the workplace no matter your age or status. A peer is simply one that shares equal standing, like a co-worker. We spend the majority of our waking hours with our co-workers and that time influences who we are and what we do. This peer influence can be healthy or destructive, depending on the behaviors that our peers value.

Here are some ways to keep peer pressure on the healthy side:

1. **FRIENDS.** Henry Ford once said, "My best friend is the one who brings out the best in me." We must be careful to choose our friendships carefully as they will influence how we act and who we become. If you know a co-worker or friend that is abusing drugs & alcohol and will not accept help, you need to avoid them. Choose friends that will encourage you to make the right choices in life.
2. **CONFIDENCE.** If you struggle with being confident, you are more likely to bow to peer pressure. By setting personal goals and achieving them, you will gain confidence in your life. Start with one small goal and gradually increase it. You can achieve great things one step at a time!
3. **KNOWLEDGE.** It's important to know the facts so you can combat the lies that are often told by drug abusers. If you understand the real risks of becoming addicted, you will think twice before you try that "new" and "exciting" drug. Stay informed of the end result of drug abuse. It's never pretty.

Remember this... "If you don't stand for something, you'll fall for anything!"

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