BE KIND
TO YOUR MIND
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

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- Sleep Disturbances
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REFERENCES

HTTPS://WWW.NM.ORG/HEALTHBEAT/HEALTHY-TIPS/ALCOHOL-AND-THE-BRAIN#:--TEXT=THIS%20STAGE%20IS%20OFTEN%20MARKED,HELPS%20WITH%20COORDINATION%20IS%20IMPACTED.

HTTPS://MCWELL.ND.EDU/YOUR-WELL-BEING/PHYSICAL-WELL-BEING/ALCOHOL/YOUR-BODY-AND-ALCOHOL/

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