



## HOW MUCH IS TOO MUCH?

### Here's the Checklist!

Things just get crazier in life since this pandemic began. More stressful. More depressing. More anger-provoking. More scary.

How are we coping? Some, not so well. Anxiety-related illnesses are on the rise. Substance abuse is way up and suicides are a harsh reality that we need more tools to avoid.

One statistic that came out this last week that is especially concerning to me is about my sisters out there who have fallen into the trap I did many years ago that started out as a glass of wine after work to relax but eventually became something that I started to think about and plan for long before I came home from work and couldn't imagine my day to day life without having alcohol be a part of it.

The study shows that American adults, particularly women, are drinking more amid the COVID-19 pandemic. Alcohol consumption has increased by 14% compared with a year ago, including 17% for women, according to [a](#)

[report](#) published in the JAMA Network Open.

The study also showed a 41% increase in heavy drinking for women. Heavy drinking is defined as four or more drinks for women within a couple of hours and five or more for men.

Even before Covid hit a different study had showed that alcohol-related deaths among women had increased by 85% over the last 10 years. This has to change!

Maybe your deal isn't alcohol. Maybe it is tobacco, or food, or social media, or gambling, porn, or drugs.... Whatever it is, how do you know if it has become a problem?

### Here's a few questions to ask yourself- Check off which one's fit

1. Have you used this to escape dealing with feelings?
2. Have you felt that you should cut down?
3. Is it causing problems with family, friends or work?
4. Have you gotten annoyed when people express concern about it?
5. Did you feel guilty after doing this behavior?
6. Did you sneak it or do it in private so no one would find out?
7. Is this costing you money or time you don't have to waste?
8. Are you at risk of getting in legal trouble for doing it?
9. Is it causing you health problems?
10. Does it make you feel separated from God when you are doing it?

So how are YOU doing? Are you taking care of yourself? Are you sleeping well? Eating healthy? Getting enough exercise? Avoiding the bad habits?

Maybe it's time to talk about it? Perhaps you know someone who could use some help. Here's the deal... I have been in recovery for 45 years. I have learned tons of stuff and I want to share it with you. I also have friends all over the world that have overcome all kinds of problems that want to help also.

If you don't know me from Adam here is a little bit about what I am doing and why I believe I am meant to work with you if you have come across this document! I Believe in YOU! [WHO AM I](#)

Speak to Me God Podcast .... We all have a Mindset Erodes The Hope.. (METH problems). In My Podcast Speak to Me God I'm Listening you can get a bunch of speakers who will inspire you to keep going when you . [PODCAST .LINK](#)

Check out and Follow my New Facebook page and get involved with the Christian Addiction Recovery Academy- [CARA FACEBOOK PAGE](#)

Join our amazing 12 speakers who will challenge you to walk with them for 7 days as they talk about their experiences with alcohol and drugs and how they found solutions. Go to [7 DAY SOBRIETY CHALLENGE](#)

Release Your stress with ART and post it on my new Our Gallery of Hope page at [OUR GALLERY OF HOPE FACEBOOK PAGE](#)

Check out my You Tube Channel [MY YOU TUBE CHANNEL](#)

Here is my Author link on Amazon to my two books at [.AMAZON AUTHOR PAGE](#)

Set up a Strategy session at [HOPE COACHING](#) to find out about my 12 week- 1-year PURPOSE DRIVEN SOBRIETY program that will give you a mastermind of people seeking sobriety and hope for the future as they discover their God-given purpose.

If I can do anything to help you please reach out to me! [linda@lindalaronschlitz.com](mailto:linda@lindalaronschlitz.com)

God Bless you!

My prayers are with you!

Connect on my website [www.lindalaronschlitz.com](http://www.lindalaronschlitz.com)