

Name _____

Understanding Withdrawal: The Effects of Alcohol and Drug Withdrawal

Short Answer Key

1. Physical effects are bodily symptoms like nausea and muscle aches, while psychological effects include anxiety, depression, and cravings.
2. Cravings can be overwhelming and may lead individuals to relapse if not managed effectively.
3. Seeking support can provide guidance, coping strategies, and emotional assistance during the challenging withdrawal process.
4. The duration varies based on factors like the substance used, frequency of use, and individual differences in metabolism and tolerance.
5. Strategies may include therapy, mindfulness exercises, relaxation techniques, and maintaining a support network.

