



FIRST STEP
COMMUNITY RECOVERY CENTER
MEDICAL STABILIZATION
FOR LASTING RECOVERY

How Drugs Affect Your Body

UNDERSTANDING DRUG IMPACT ON HUMAN HEALTH AND FUNCTIONS

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Definition and Types of Drugs

Definition of Drugs

Drugs are substances that change how the mind or body functions, including legal, prescription, and illegal types.



Types of Drugs

Drugs include stimulants, depressants, psychedelics, opioids, cannabinoids, and dissociative, each affecting the body differently.

Variable Effects

Drug effects vary by dosage, individual health, and drug potency, making their impact unpredictable.

Click on the above text to watch the Video.

Reasons People Use Drugs

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Pleasure and Social Boost

People often use drugs to enhance enjoyment and confidence during social events, temporarily reducing inhibitions.

Emotional Coping and Relief

Drugs are used to manage stress, anxiety, and emotional pain, although this can lead to further issues over time.

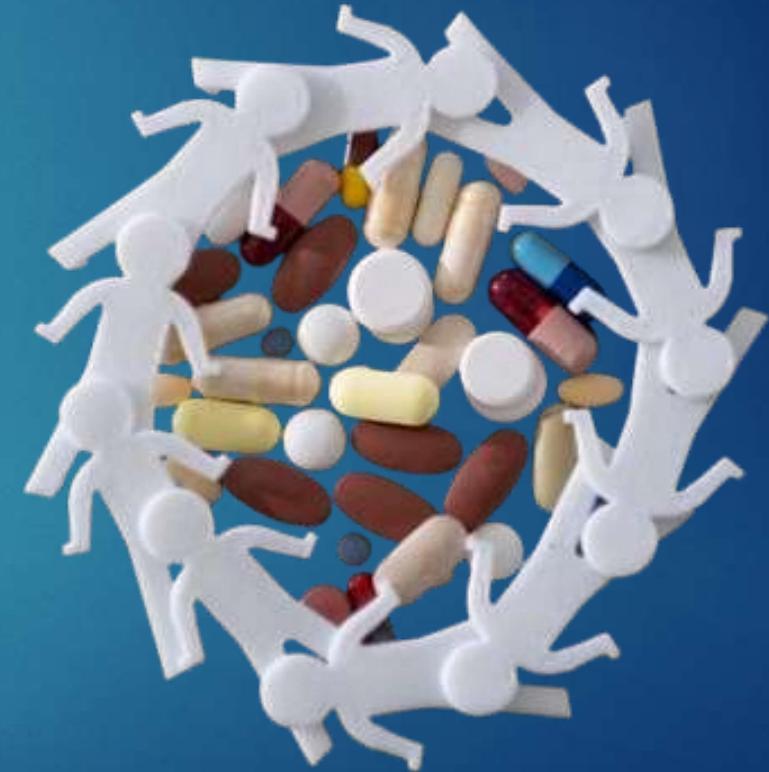
Peer Influence and Experimentation

Peer pressure and desire to fit in motivate some individuals to try drugs, especially in social groups.

Performance and Sleep Aid

Some use drugs to stay awake, improve focus, or aid sleep when coping with demanding schedules or insomnia.

► **WHY DO YOU THINK PEOPLE USE DRUGS?**



Short-Term Effects on the Body and Mind

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Physical Effects of Drugs

Drugs can rapidly alter heart rate, breathing, coordination, and cause symptoms like nausea or dizziness.

Psychological Effects

Substances may cause mood shifts, impaired judgment, paranoia, or sensory distortions affecting perception.

Environmental Impact

Using drugs in stressful or unfamiliar settings can intensify negative reactions and risky behavior.

Risks of Unregulated Substances

Illegal drugs may contain harmful additives, increasing unpredictable and dangerous short-term effects.

- HAVE YOU SEEN REACT DIFFERENTLY TO A DRUG THAN EXPECTED?



Long-Term Physical and Psychological Effects

Psychological Effects

Chronic drug use raises risk of mental health issues like depression, anxiety, psychosis, and impairs memory and decision-making.

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Dependence and Tolerance

Repeated drug exposure leads to tolerance and dependence, increasing intake and creating a harmful cycle stressing the body.



Major Drug Categories and Their Effects

Depressants Effects

Depressants slow brain-body communication causing relaxation and drowsiness but may impair coordination and breathing.

Psychedelics Influence

Psychedelics alter perception and mood causing hallucinations and changed sense of time and awareness.

Stimulants Impact

Stimulants speed up the nervous system, increasing alertness and energy but raising heart rate and blood pressure.

Risks and Awareness

Each drug category carries unique effects and risks, influencing decision-making and safety considerations.



Factors That Influence Drug Effects

Individual Physical Factors

Physical size, health, and tolerance affect how strongly drugs act in the body, causing varied individual responses.

Drug Characteristics

The drug's type, strength, and amount taken influence effects, with illegal drugs often unpredictable due to variable purity.

Substance Interactions

Mixing drugs with alcohol or other substances can cause dangerous effects and increase health risks unpredictably.

Emotional and Environmental Factors

Stress, mood, and environment influence drug reactions, affecting the intensity of effects and feelings like paranoia.



Tolerance and Dependence

Definition of Tolerance

Tolerance means needing more of a drug to achieve the same effect due to body adaptation over time.

Understanding Dependence

Dependence occurs when the body or mind relies on a drug to function normally and avoid withdrawal symptoms.

Impact on Daily Life

Deepening dependence prioritizes drug use over responsibilities, relationships, and self-care gradually.

Early Warning Signs

Recognizing signs like increased use and anxiety helps seek help early and reduce harm.

- **HAVE YOU KNOWN SOMEONE WHO DEVELOPED TOLERANCE OR DEPENDENCE?**



Withdrawal Symptoms

Nature of Withdrawal

Withdrawal occurs as the body readjusts after stopping regular drug use, causing physical and mental symptoms.

Common Symptoms

Typical symptoms include fatigue, irritability, anxiety, cravings, insomnia, and physical signs like shaking and nausea.

Variations by Drug Type

Symptoms vary depending on drug type; stimulants cause exhaustion, depressants cause physical distress needing supervision.

Importance of Support

Recognizing symptoms early helps individuals seek help and plan safer strategies to reduce drug use effectively.



➤ **WHAT WITHDRAWAL SYMPTOMS HAVE YOU HEARD ABOUT?**

DISCUSSION



What did you learn today?

- **What part was hardest to understand?**
- **How can this information help you in real life?**
- **How can this information help you in real life?**



THANK YOU