



Do You Lose Time From Your Work Due To Your Drinking?

Transcript:

This is Alcohol Mastery, my name's Kevin O'Hara, and today's video is on the first of the Johns Hopkins 20 questions: are you an alcoholic, and it is "Do you lose time from your work because of your drinking?"

I'm not going to go too deeply, in each of these posts, into the questions themselves, I'll just do a little bit about the background, a few stats maybe, and a bit about my own personal experience...

The question that's really being asked here is "Is your work suffering?"...

Depending on what type of a job you do, whether you work for yourself or you work for somebody else, you could actually lose your job. But worse, you could injure somebody else, or you could kill somebody else because of your drinking...

There was a survey carried out in the UK for an insurance company, and it found that 200,000 men per day arrived at work with a hangover...

Now, I've been drinking for over 35 years, and I know that when I've got a hangover the next day, it means that I'm still pissed...

My drink was always Guinness; there are 2.3 units of alcohol per pint of Guinness. Now if I drink 10 pints of Guinness, it's 23 hours before the alcohol is out of my system, taking that the average person gets rid of one unit of alcohol per hour.

Just a little bit about my own personal life...

I've been self-employed since I was 16, I've had various different businesses...The last 15 years, before I came to Spain, I was in forestry, and it's a dangerous job at the best of times...definitely not to be done under the influence of alcohol, and picking up a chainsaw is a no-no...

But I've lost so many different days through alcohol, through hangovers, you know...hours and hours on end, couldn't go into work in the morning, I've missed three or four hours out, and only been able to work in the afternoons, that kind of thing...

Since I've stopped drinking, I'm so much more productive, I've got more work done in the last five weeks being off the drink, than I have in the last five months before Christmas when I was on the drink...

So, that was the first post of the Johns Hopkins 20 questions: are you an alcoholic... and it is "Do you lose time from your work because of your drinking?"

Leave a comment down below if you're on the website, there's also going to be some different PDF's down below the post from different government organizations, if you're interested in more information about work and alcohol, that kind of thing...

You the contact form at the top of the page if you want to contact me...

If you're on YouTube please subscribe to the channel...AlcoholMasteryTV, leave a like or leave a comment...and we'll see you again for the next question.

My name's Kevin O'Hara and this is Alcohol Mastery...