

# Party smarter

I feel awful this morning—  
but I don't think my boss is  
going to believe I have the  
"stomach flu" for the third  
Monday in a row...



## Plan!

how you'll get home and  
to work in the morning

I slept through  
my alarm again and  
was late to work. They  
told me not to bother  
coming back.



## Prepare!

set your alarm for the next morning  
before you go out at night

I lost ALL my weekend  
shifts for being tired and  
unfocused at work. I'm  
their best employee when  
I'm not hungover.



## Pace!

limit how much you drink so you'll be  
ready and alert at work the next day



Substance Abuse  
and Mental Health Services  
An Office of the  
Department of Health and Human Services

Paul R. LePage, Governor

Mary C. Mayhew, Commissioner

Don't let your good times  
cause bad days at work!