



‘Alcohol & Me’

An alcohol awareness webinar from



Contents

- Why **we** drink
- Why **I** drink
- Impact of drinking (physical and psychological effects)
- How much and when
- Is it having a negative impact?
- How to cut down
- Alternatives to drinking

Why?

Societal culture

Drinks define occasions

Tradition

Heavily marketed and romanticised

Public holidays such as Christmas and New Year

To mark occasions/anniversaries/losses

Boredom

To relax

It's a celebration

Hard day

Routine

For fun

I deserve it

It's the weekend

Loss & grief

Loneliness

Why do I drink?

To feel better

To forget

Anxiety

Because I like it

I'm retired!

To sleep

Bad break-up

For confidence

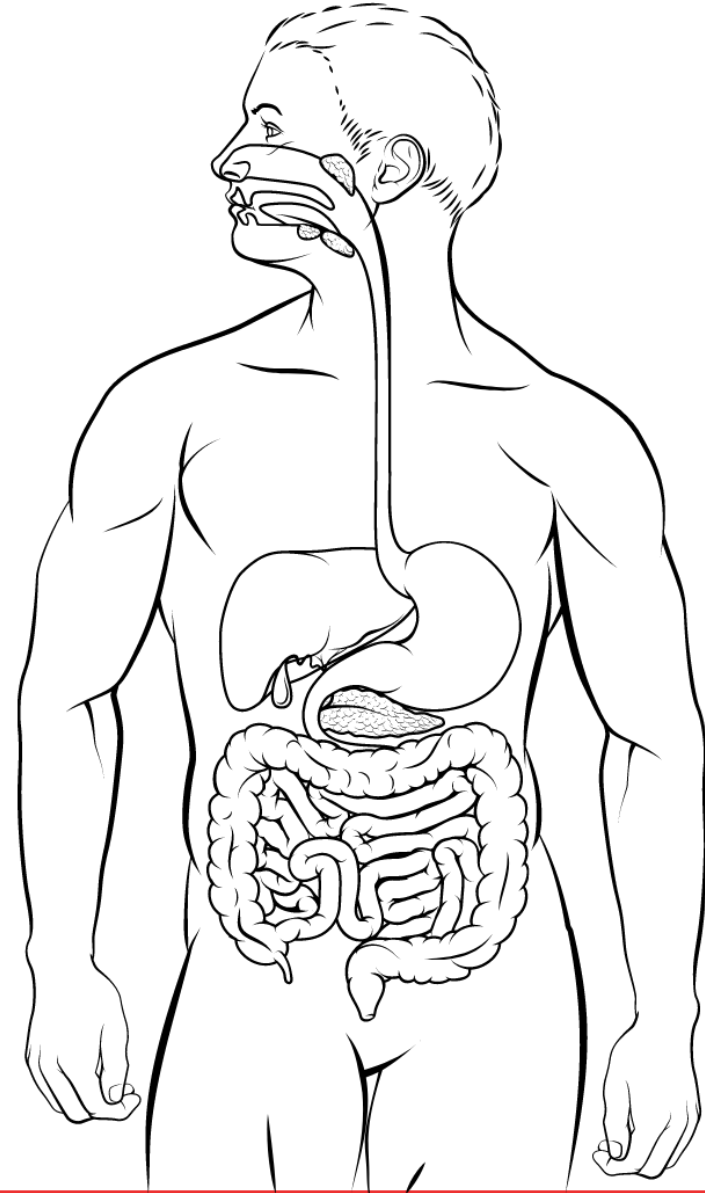
It's Tuesday

How might alcohol be impacting on
your life?

Physical Effects

According to Alcohol Change UK, there are over 50 different illnesses that alcohol can cause.

From increased blood pressure and cholesterol levels causing heart attacks and strokes, to multiple cancers including liver, breast and bowel.



Short term effects

Brain functioning: judgement, decision making, more reckless behaviour

Light headedness

Co-ordination

Slower reaction time

Hangovers: headaches, dehydration

Vomiting

Disrupted sleep

Long term effects

High blood pressure

Stroke

Pancreatitis

Liver disease

Cirrhosis

Cancer: Liver, mouth, breast, bowel, head and neck

Depression

Dementia

Impotence, premature ejaculation and infertility



**Sedative
affect/short
lived**

**Poor quality
sleep**



**Dehydration
means more
trips to the loo!**

**Increased
tolerance = you
need more and
more**

How much is too much?



14 units
over
three days

14 units = 6 pints of 4% beer



14 units = 7 glasses of 175ml 11.5% wine



14 units = 14 single measures of 40% spirits eg gin



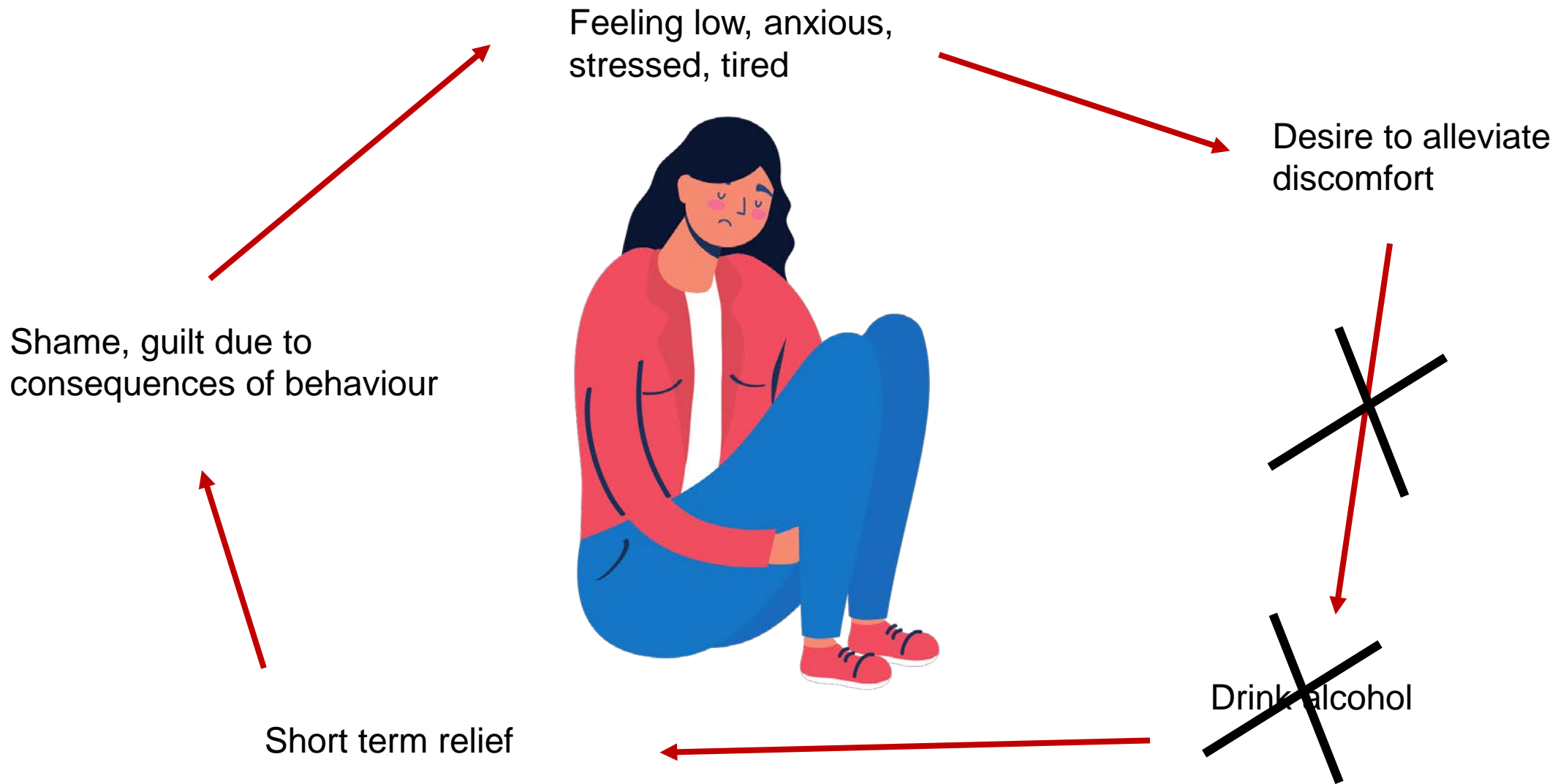
Questions

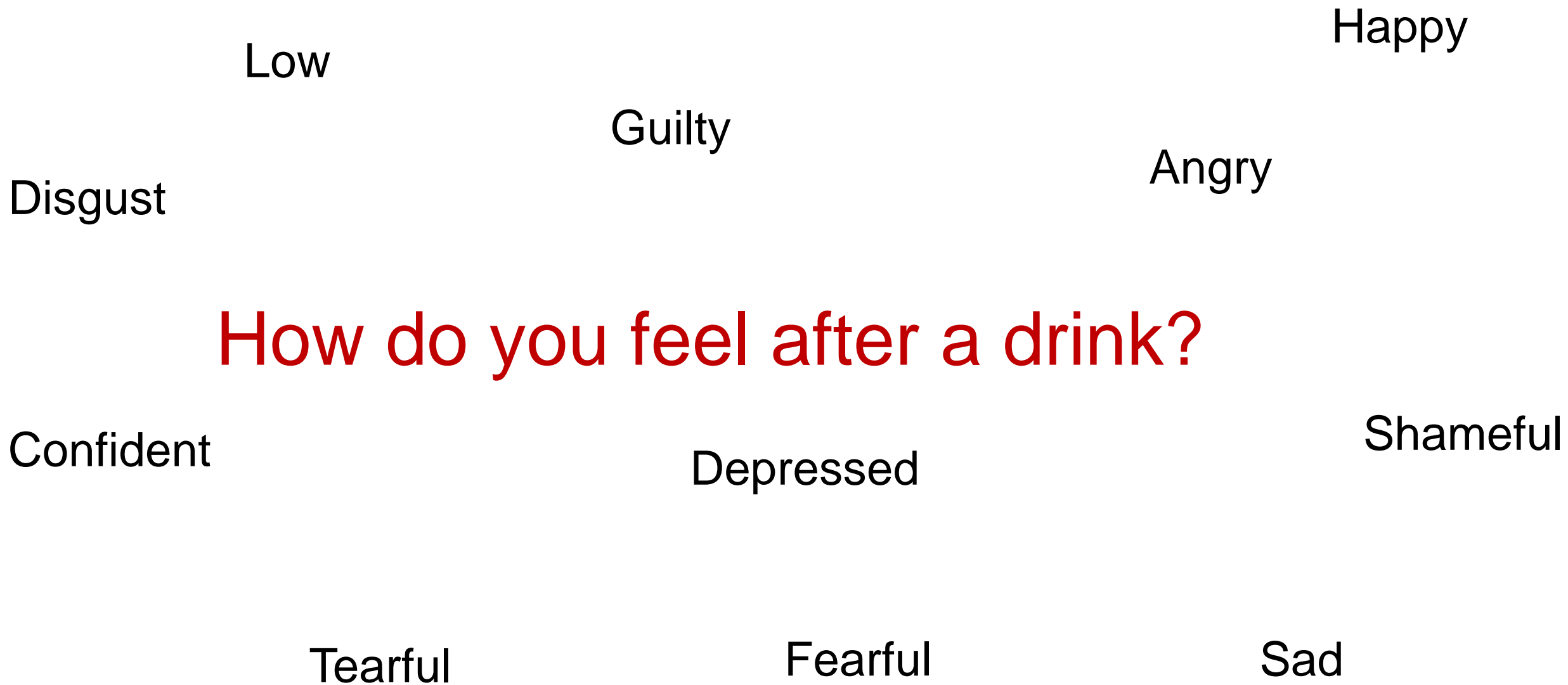
Mental health

Drinking when suffering from poor mental health is akin to pouring fuel on a fire.

Alcohol will exacerbate pre-existing issues such as anxiety and depression.







How do you feel after a drink?

Family

Friends

Romantic

Relationships

Work & colleagues

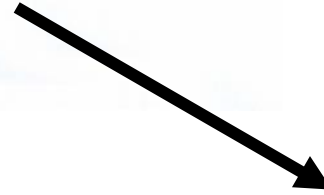
Children & teenagers

Physical health

Relationships



Alcohol



Mental health

Sleep

To what extent is alcohol impacting your life?

Not at all

I'm not sure

Massively



Reducing risk of harm

14

Drink less



Alcohol free days



Drink more water



Drink with a meal

Talk to someone

Set some boundaries

Exercise

Self care

What now?

Hobbies

Substitutes

Mindfulness & meditation

Write things down

Any questions?