

Wellbeing Information & Tips



Ed. 19. 19th November 2020

Alcohol Awareness Week 2020

16th - 20th November 2020 marks Alcohol Awareness Week and is led by Alcohol Change UK. This year the theme is alcohol and mental health. You can find out more by [clicking here](#).



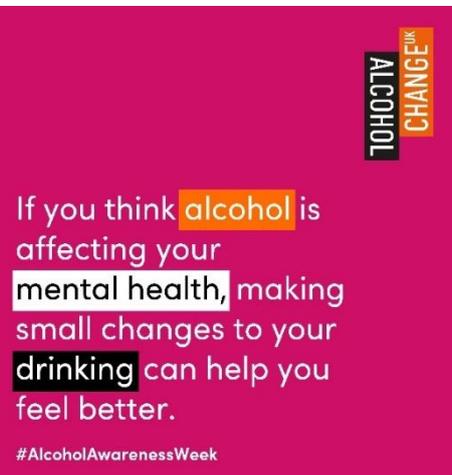
Alcohol Awareness Week 16 - 22 November 2020.
For the facts on alcohol and mental health.

www.alcoholchange.org.uk #AlcoholAwarenessWeek

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When things get tough, we can sometimes find ourselves turning to alcohol to cope. This is sometimes called 'self-medicating.' For many people, 2020 has been a very challenging year, and when stress and worry creep into our lives our drinking habits can change. Research carried out by Alcohol Change UK showed that more than a quarter of people who had ever drunk alcohol were drinking more during lockdown and 40% of those people had drunk as a response to stress or anxiety.

Although the consumption of alcohol might make you feel more relaxed, it is useful to remember that alcohol is a depressant and drinking excessive amounts can cause low mood, irritability or potentially aggressive behaviour. Drinking too much and too often can make our mental health problems worse. Drinking excessively is detrimental to your body and can also disturb sleeping patterns leading to irritability and fatigue. By not exceeding the recommended number of safe units, you may be more able to sustain good mental and physical wellbeing.



If you think **alcohol** is affecting your **mental health**, making small changes to your **drinking** can help you feel better.

#AlcoholAwarenessWeek

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Here are a few ideas of things you can try to support your wellbeing this Alcohol Awareness Week:

- To get an awareness and understanding of your alcohol consumption, try out this [interactive quiz](#) on the Alcohol Change UK website
- Visit National Mind's website [here](#) to read this blog about using alcohol to mask depression, the long term effects of this and the support available.
- Feel more informed about alcohol and its effects through the Alcohol Change fact sheets [available here](#) including the one on [Alcohol and Mental Health](#)
- If you are finding yourself turning to alcohol more often as a coping mechanism, consider other healthy ways to support your wellbeing. Action for Happiness [New Ways November](#) calendar is full of great ideas
- If you think you need some help and support around your alcohol consumption, reach out and get help through the [Change Grow Live Drug and Alcohol Recovery Services](#) across the whole of Sussex
- Many people successfully use Ear Acupuncture to give up or reduce their use of drugs, alcohol or tobacco and to manage the cravings associated with their withdrawal. Pathways to Health ear acupuncture clinics in Brighton will be remaining open throughout lockdown, [find out more here](#)
- Independent news platform called [This Much I Know News](#) have a [Winter Warmers](#) newsletter if you are looking for ways to lift your mood
- Fancy a celebratory drink at the weekend, minus the alcohol? How about trying out some mocktails?

How to make a Mosc-no Mule

150ml ginger beer wedge of lime for garnish
3tbsp fresh lime juice crushed ice
50ml soda water

Fill a tumbler three quarters full of crushed ice. Top up with ginger beer, soda water and lime juice. Stir, and garnish with the wedge of lime. Enjoy!

www.alcoholchange.org.uk

#AlcoholAwarenessWeek

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We will continue to bring you tips, initiatives and ideas so please keep an eye out!

Next edition: 3rd December

