

# Alcohol and Covid\_19

The disruption we are all facing in our lives during the health crisis can be difficult to cope with and can leave us feeling powerless, lonely, stressed and/or bored.

Our emotions and moods are up and down more than usual.

Dealing with all of this while being at home all the time, means many are drinking more than usual.

Here are some reasons you might like to cut back on your Alcohol intake right now:

- **Although we may reach for alcohol in times of stress or worry, alcohol leaves a negative impact on Mental Health and can make stressful times feel even worse**
- **When we drink too much, we can be less aware or diligent about following social distancing and hygiene advice which protects us from Corona Virus.**
- **Alcohol negatively affects the quality of our sleep, making it even harder to cope in stressful times**
- **Alcohol can make our immune system less effective, impacting our ability to fight off viruses**
- **Taking a break or cutting down on alcohol has many health benefits**
- **Problem drinking can cause mental health symptoms such as anxiety, depression, concentration problems and personality changes and have negative effects on those we live with.**

**So set yourself a goal of drinking less today. Here are some tips that may help:**

- **Don't stockpile. The advice applies to alcohol as well as food. We are more likely to reach for a drink more often if it's available to us.**
- **Work out ways to relax and treat yourself that doesn't involve alcohol, like reading, board games, or exercise.**

- **Develop and maintain a familiar routine that involves regular sleep, meal times and exercise.**
- **If you drink, stick to the low risk weekly guidelines. The low risk guidelines are up to 17 standard drinks for men and 11 standard drinks for women with 2 alcohol free days.**



Please see the attached picture for what a standard drink looks like:



- **Set rules around your drinking that will help such as not drinking before a certain time, not drinking on weekdays or not drinking in front of the children.**

**If you need help, help is available. Please contact us here on this Facebook page or phone Fiona Murphy on 087 2742129.**