

## STRATEGIES FOR HEALTHY ALCOHOL BEHAVIOR

If you decide to drink alcohol, here are some strategies to promote and maintain healthy alcohol behaviour.

Set yourself limits and stick to them, decide how many units you are going to drink and stick to that.

Alternate alcoholic drinks with water or non-alcoholic beverages. This will help keep you hydrated and reduce the amount of alcohol you are likely to consume.

Don't drink on an empty stomach. Eating before or while you drink will help slow the absorption of alcohol into the bloodstream.

Do not drink and drive. This is illegal, and blood alcohol level above the legal limit impairs judgment and coordination. This offense carries an unlimited fine and up to 6 months in prison and a minimum driving ban of 12 months. '



## USEFUL RESOURCES

**Realising you have a problem with alcohol is the first big step towards positive change.**

Here are some services that can offer support:



### Wellbeing and Mental Health Team

the team can support you to make a plan for accessing appropriate support.



### Drinkaware.co.uk

an independent charity aiming to reduce alcohol related harm



### New Beginnings

Free and confidential help if you are worried about alcohol misuse

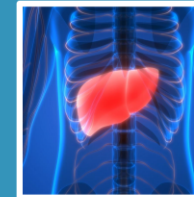


### See your GP

seeing your GP is a good place to start gaining control over alcohol related problems

**drinkaware.co.uk**  
**for the facts about alcohol**

## ALCOHOL AWARENESS: A GUIDE FOR STUDENTS AND YOUNG ADULTS



EFFECTS OF  
ALCOHOL ON THE  
BODY

MEASURING  
ALCOHOL INTAKE



STRATEGIES TO  
REGULATE  
ALCOHOL INTAKE

USEFUL  
RESOURCES



## HEALTH MATTERS: WHY SHOULD YOU REGULATE YOUR ALCOHOL INTAKE?

### SHORT TERM EFFECTS



#### Low/moderate levels consumed

Can result in impaired judgement and coordination that can increase the chances of accidents and injuries.



#### Higher levels consumed

Excessive consumption can cause slurred speech, vomiting and eventually loss of consciousness.

### LONG TERM EFFECTS



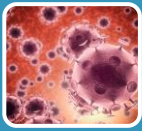
#### Liver Disease

Alcohol is a toxin, causing the liver to become overworked, inflamed and eventually damaged to the point where it cannot be repaired (liver cirrhosis)



#### Heart Disease

Alcohol contributes to the risk of high blood pressure, stroke and heart failure. Alcohol also raises LDL cholesterol, linked to cardiovascular disease.



#### Cancer

Certain types of cancer are strongly linked with heavy alcohol consumption



#### Mental Health Problems

Alcohol is a significant contributor towards and can strengthen any pre-existing mental health issues Common examples being anxiety, depression and memory loss.

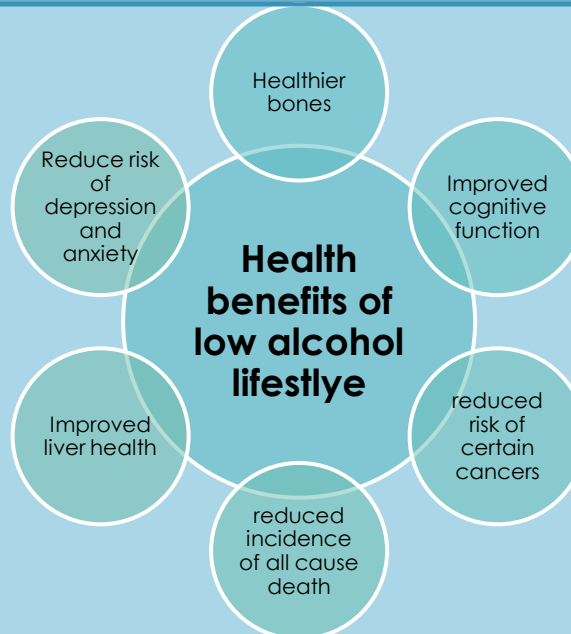
## HOW ALCOHOL AFFECTS THE HUMAN BODY

### How does alcohol work?

- ❖ Alcohol is a central nervous system depressant, meaning it slows down the body's functions.
- ❖ Alcohol is metabolized by the liver, which breaks it down into compounds (more detail) that can be eliminated from the body. The liver can only metabolize a certain amount of alcohol at a time.



- ❖ If we drink more alcohol than the liver can handle, the excess alcohol remains in the bloodstream and can affect the body's functions.
- ❖ The effects of alcohol can vary widely depending on the individual and the amount consumed. At low levels of alcohol, a person may feel relaxed and may have impaired judgment and coordination.



## WHAT YOU NEED TO KNOW ABOUT ALCOHOLIC DRINKS

### How is alcohol content measured?

- Alcohol is measured in units. Units refer to the amount of pure alcohol (ethanol) that is in a drink.
- The number of units of alcohol in a drink can vary greatly
- The chief medical officers for the UK recommend adults do not regularly exceed **14 units** of alcohol per week

### Units found in common alcoholic drinks



Glass of 11% wine: 1.5 units



A pint of 5% beer: 2.8 units



Can of 4% beer 1 unit



Glass of 13% wine: 2 units



Single measure of spirits: 1 unit



