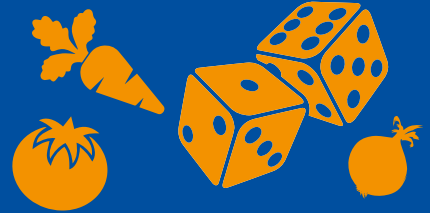


Managing your drinking

Coronavirus has made many changes in our day to day lives. For some people, these changes alongside all the other worries and stresses can lead to an increase in alcohol consumption.

Find ways to relax and treat yourself that don't involve alcohol, like cooking, family board games, a video call with friends or exercise.



You're more likely to reach for a drink more often if it's readily available so try not to have a lot of alcohol at home.

Having a healthy diet and physical activity are also very important. Develop and maintain a routine that involves regular sleep, mealtimes and exercise.



Stick to the low risk weekly guideline

14 units a week for men and women spread over 3 or more days



For further help and support:

<https://www.changegrowlive.org/taith-cardiff-and-the-vale>



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University Health Board

Dan 24/7 Wales Drug
and Alcohol Helpline:

Freephone: 0808 808 2234
Or text DAN to: 81066

Mental Health and alcohol

In times of stress we can find ourselves drinking more often or more heavily.

Here are some ways to help you look after your wellbeing while keeping a happy, healthy relationship with alcohol.

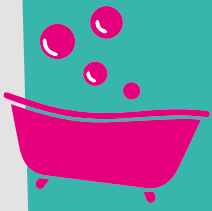
Look after your wellbeing

- Stay connected with your loved ones
- Do things that help your mind and body, like exercise and eating healthily



Work out other ways to relax

It might be that you use alcohol to relax after a stressful day. Try alcohol free treats you really enjoy, playing video games or puzzles, a relaxing bath, or anything else that helps you unwind.



Keep track of your drinking

If you're worried about your drinking sneaking up, there are tools available to help you keep track so you can make the decision to cut down if you notice your intake increasing. Try a drink diary or download an app for free.



Remember that alcohol doesn't help in the long term

Though alcohol can initially make us feel relaxed, in the long term it can make coping more difficult.



Get support

If you feel you need to cut down and would like some support, there are local services who you can speak to:
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