

Inspiration Point Factsheet:

Body, Mind & Drink



Many of us enjoy a drink but it's important for our mental and physical wellbeing that we do so in moderation.

We are encouraging people to start a conversation about alcohol. We are asking you to become aware of how much you're drinking, how it may be negatively impacting your life and how even a small change could make you a healthier, happier person.

We've put together some ideas to help you make that change—

Learn how many units are in your chosen drink. You can do this by downloading the Know Your Units app available on Android and Apple devices.

Understand if alcohol has a negative impact on your life. You can do this by taking the Alcohol MOT which is available at: www.drugsandalcoholni.info/mot/

Know what you're buying. Check out a drink's ABV before you buy it. ABV stands for Alcohol by Volume, which is the percentage of the drink that is pure alcohol. Producers are increasingly introducing lower ABV drinks that are as palatable as their stronger counterparts. Look out for them when you're next buying a bottle or a can.

Reduce the stress in your life. Some people drink alcohol to relax, but in reality alcohol can make you feel even more stressed out. Try not to make alcohol key to how you relax, and consider some alternative stress-busters like walking, going to the gym or having a hot bath.



Try alcohol-free days. If you drink regularly, your body starts to build up a tolerance to alcohol. Try having a break for yourself and see what positive results you notice.

REMEMBER:

IF YOU ARE CONCERNED
ABOUT YOUR OWN
WELLBEING OR SOMEONE
ELSE'S CONTACT A GP OR
CALL ADDICTION NI:
028 90664434

Inspiration Point



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