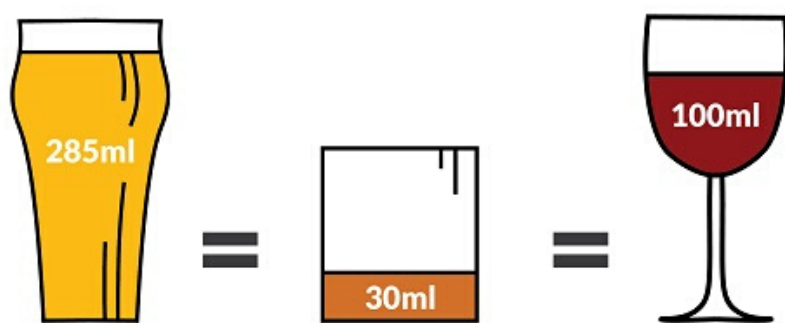


Mindful Consumption of Alcohol during Covid-19

Has a new drinking habit started during social isolation? Over consumption of alcohol can have harmful impacts on individuals and loved ones. If over consumption continues it could place you at risk of developing a reliance on alcohol. This tip sheet provides information to help you keep your alcohol consumption in check.

Experts advise healthy adults should drink no more than **4 standard drinks in a day** and no more than **10 standard drinks in a week**.

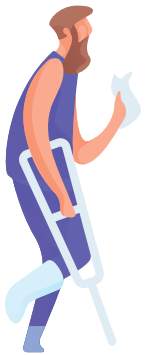


ONE STANDARD DRINK



Studies show that **alcohol affects sleep quality**. This becomes more likely the more alcohol you consume. To make sure you get a goodnight's rest try having some alcohol free days.

It is important to limit your alcohol consumption as consuming alcohol increases your **risk of disease and injury**. The more alcohol you consume, the greater your risk.



Children and young people are influenced by what they see and hear. **Role modelling** low-risk drinking practices is a positive action parents and other carers can take.



Levels of **anxiety** can increase with alcohol consumption. Try to reduce stress and anxiety with activities like **connecting with friends and family online, exercising or meditation**.



If you are experiencing harmful or negative consequences from your drinking, or want to talk about concerns around your or a loved one's alcohol consumption, there are support services there for you.

Regional Victorian Alcohol and other Drugs (AOD) Intake Line
CALL - 1300 022 760
Monday - Friday 9:00am - 5:00pm



Foundation for Alcohol Research and Education



Alcohol and Drug Foundation



Hello Sunday Morning



1800RESPECT



South Coast Prevention Team

Working with our community to achieve healthy lifestyles.

For more tips and ideas follow us on Facebook or our website.

Content adapted from Alcohol and Drug Foundation, VicHealth and DrinkWise