

University Alcohol Awareness Week

Drink
Rethink



Welcome to University Alcohol Awareness Week! This is a great time to take a step back and reflect on your drinking amidst the busy and exciting life at university.

Getting caught up in student life, it can be easy to overlook the importance of mindful drinking.

Being aware of how much you drink and understanding its effects can help you get the most out of your time at university! Read on for some tips and tricks that can help you stay informed and make conscious decisions about alcohol.

The importance of awareness



Understanding your triggers, whether it's the stress of exams, social pressure, or boredom, is the first step in managing your drinking.

Being aware of the health risks associated with excessive drinking can motivate you to make better choices.

What is the connection between mental health and alcohol?

Alcohol affects your brain's chemistry, which can lead to increased anxiety and depression.



One common experience among students is "hangxiety"—the anxiety felt the day after drinking. If anxiety is already an issue for you, the morning after a night of drinking can make your anxiety worse.

Drinking less can lead to better concentration and focus, making it easier to manage stress and maintain overall mental wellbeing.



Strategies for managing alcohol intake



Set personal limits

Setting and sticking to your own limits can help you stay within the low-risk guidelines. This might mean deciding in advance how many drinks you'll have at a party or choosing certain days to not drink alcohol.

Healthy habits

Regular exercise, meditation, balanced nutrition, and good sleep can all support your overall wellbeing and reduce the desire to drink.

Support networks

Reach out to friends, family, or university support services if you're struggling. Talking about your feelings and experiences can make a big difference.

[Check your drinking with Drinkaware's FREE Drinking Check](#)