

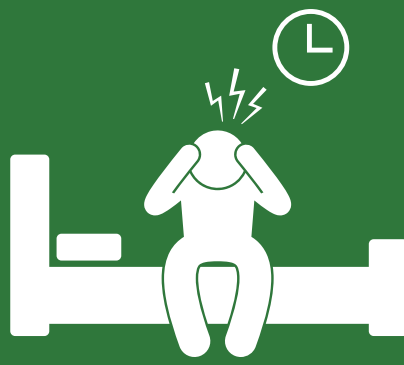
# ALCOHOL & SELF CARE

Finding healthy ways to relax is important when we're stressed or bored. Alcohol, in moderation, generally can be used safely, if drinking choices are made mindfully. If you choose to drink, consider:

ALCOHOL CAN:



Negatively affect your immune system.

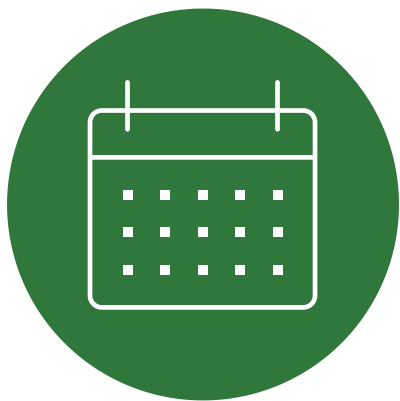


Negatively impact sleep.



Increase feelings of isolation.

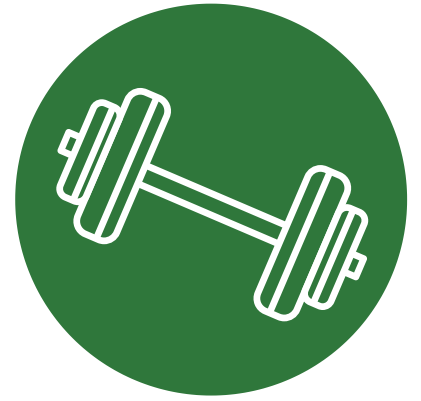
## HELPFUL STRATEGIES:



Have no more than 2 drinks/day (women) 3 drinks/day (men)



Avoid alcohol within 4 hours of bedtime.



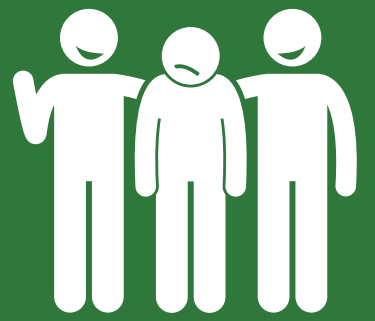
Exercise or meditate to cope with negative thoughts.



Prioritize non-alcohol activities that lift your mood.



Talk with someone you trust to share your feelings instead of using alcohol to mask your emotions.



## Resources to Help:

Gordie Center: [www.gordie.org/alcohol-education](http://www.gordie.org/alcohol-education)

National Helpline: 1-800-662-HELP (4357)

A free, confidential, 24/7, treatment referral and information service for mental health and substance misuse issues.

National Institute on Drug Abuse: [www.drugabuse.gov](http://www.drugabuse.gov)

