

Feel better checklist

Alcohol – reasons to cut down

Deeper sleep

When you drink too much, you spend less time in deep, restorative slumber. You're more likely to wake early and find it hard to drop off again. Less alcohol = better sleep.

Brighter mood

If you're already feeling sad or anxious, alcohol is likely to make it much worse. The day after you've been drinking heavily you are likely to feel pretty low.

More energy

Alcohol can interfere with your immune system, it can make you feel tired, sluggish and generally a bit under the weather. Drink less and it should not take too long before you notice that you have more energy.

Better concentration

Regularly drinking above the government's guidelines will affect your concentration and ability to work. Be a little smarter at work and reduce your stress level by cutting the booze!

Better skin

Alcohol dehydrates you, which makes your skin look dull and grey. Not a good look when added to dark circles and bags under your eyes from lack of decent sleep.



Slimmer waistline

Alcohol is seriously fattening. Cut out just one pint a day for a week and you'll have consumed close to 1,500 less calories.



A happier stomach

Alcohol irritates the stomach and makes it produce more acid, which can in turn cause gastritis. Less booze could get rid of complaints such as diarrhoea and indigestion.



More time and money

If you tend to drink in the same place, at the same time or with the same people, cutting back may mean changing your routine. By doing something different with your time you could discover other interests and meet new people. Keep a note of the money you save on alcohol and treat yourself!



Better long-term health

Cutting down on alcohol will reduce your risk of developing cancer, liver or heart disease and could lower your blood pressure. You may not be able to see the benefits but you will be doing your body a massive favour!



Peace of mind

Alcohol can seriously impair your judgement and cause you to make some really bad choices. Avoid the stress of dealing with the consequences.



No more hangovers

Wake up feeling refreshed and ready for the day ahead. Have you noticed that hangovers are lasting longer as you get older?

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