

Monday mornings: managing weekend drinking



Construction work requires full attention, energy, and clear thinking—especially on Monday mornings when the work week kicks off.

But heavy drinking over the weekend can leave you feeling tired, foggy and dehydrated.

By understanding the effects of alcohol and how to avoid binge drinking, you can face Mondays feeling your best.

What is binge drinking?

Binge drinking refers to drinking heavily over a short space of time. Another way of thinking about it is ‘drinking to get drunk’. For men, binge drinking usually means consuming over 8 units in a single session (equivalent to 5 bottles of beer), and for women, over 6 units (equivalent to 3 glasses of wine).

Binge drinking can impair your judgement and increase the risk of accidents.

On a construction site, this is especially dangerous.



Tips to avoid binge drinking and start the week right

Skip the rounds: avoid group rounds, which can encourage you to drink more than intended. Instead, set a drink limit to help you stay on track.

Plan drink-free days: aim for several drink-free days each week and stay within the UK Chief Medical Officers' guidelines of no more than 14 units per week.

Try low and no-alcohol alternatives: choose drinks with no or lower alcohol content when possible. They're a great way to enjoy social settings without overindulging.

Share your plan: if you're cutting back, let your friends, family and colleagues know. Being open about your goals can help you feel more confident and resist peer pressure.

Curious about your drinking?

Scan the QR code and join thousands of people checking their drinking with Drinkaware's **FREE Drinking Check**

