

Managing stress without alcohol



The construction industry is a high-pressure environment, with demanding schedules, physical labour, and tight deadlines.

Stress is common, but turning to alcohol to relax can make things worse.

Drinking too much alcohol affects sleep, increases anxiety, and makes it harder to focus on-site.

Why alcohol can make stress worse

- Alcohol is a depressant—it disrupts brain chemicals and can increase feelings of anxiety and frustration.
- Drinking can interfere with sleep, leaving you feeling exhausted and less focused at work.
- Over time, heavy drinking can lead to serious mental and physical health problems.



Healthier ways to manage stress

Cut back on alcohol: set drink-free days each week, and explore alcohol-free alternatives to improve sleep and overall wellbeing.

Get moving: exercise is a fantastic way to boost your mood and reduce stress. Get out into nature for a relaxing walk, join a local running club, or find a nearby pool to enjoy some swimming.

Take breaks: step away when you can, even for a few minutes. Having a change of scenery or taking a few minutes break can help reset your mind.

Talk it out: whether it's a colleague, friend, or family member, sharing your worries can ease the pressure.

Curious about your drinking?

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

