Protecting your mental health

**drinkaware
in construction**

in partnership with **CONSIDERATE CONSTRUCTORS SCHEME**

Mental health is just as important as physical health, especially in a demanding industry like construction.

While some might use alcohol to cope, it can actually worsen anxiety, stress, and low mood over time.

Alcohol is a depressant— it disrupts brain chemicals that regulate mood, which can lead to feelings of anxiety or depression.

Drinking also affects sleep quality, making it harder to feel rested and mentally sharp at work.

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

Signs alcohol may be affecting your mental health

- Relying on alcohol to unwind or manage emotions
- Having trouble sleeping which is leaving you more stressed and fatigued

Have you ever heard of 'hangxiety'? This refers to feeling anxious or irritable after drinking alcohol which anyone can experience, but may be worse if you already have anxiety.

Tips to support your mental health without alcohol

Limit your alcohol intake: stick to the UK low-risk guidelines of no more than 14 units per week and plan drink-free days each week.

Exercise and fresh air: physical activity, even a short walk, can help improve mood and reduce stress.

Prioritise sleep: avoid alcohol before bed to improve sleep quality and wake up feeling refreshed.

Find other ways to relax: explore new hobbies like gaming, learning an instrument, reading or find another interest instead of reaching for a drink.

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