



Alcohol & Mental Health

Length: 1hr .

Delivery modes: Onsite & Virtual Presentation; Pre-recorded tutorial.

Details: Excessive alcohol consumption and mental health are inextricably linked. A growing number of drinkers use alcohol for self medication purposes – providing a way to cope with mental health issues such as stress, anxiety and depression. Whilst this may temporarily alleviate low moods, a prolonged habit loop may exacerbate existing issues.

This presentation explores the psychological causes of alcohol addiction, its impact on the nervous system, and links to mental health. Helpful practices are shared on how individuals can reduce susceptibility to excessive alcohol consumption.

Content includes:

- The psychology of alcohol addiction – Upbringing & social pressures
- Impacts on Cognitive Performance & Emotional Wellbeing
- Mental fitness tips to help reduce excessive alcohol use
- Daily lifestyle tips for reduced alcohol consumption

Connect with WORKBLIS to discuss requirements - hi@workblis.com

This is a holistic wellbeing presentation, and is not intended to be taken as, or replace medical advice. For personal issues concerning health, participants are advised to conduct their personal research before making lifestyle changes, or seek the services of their chosen health professional.