

Psychologist

# SOCIETY

## WHY DO WE DRINK?

- Alcohol causes the release of ‘feel-good’ chemicals in the brain. This only happens in low doses.
- Drinking can help people relax in social situations
- It tastes good



Social Worker

# SOCIETY

## MONEY AND JOBS

- The alcohol drinks market in the UK is worth £30 billion pounds per year.
- The alcohol industry is responsible for 1 million jobs in the UK.
- Taxes from alcohol contribute £7 billion pounds to the economy.



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## YOUR BODY

### FEELING HAPPY. FEELING SAD.

Alcohol 'switches off' the part of the brain for self control. This can give people 'Dutch courage' to talk to people normally they would be too shy to. But unfortunately too much alcohol can lead to embarrassing situations. Small doses of alcohol can lift your mood – but larger doses begin to depress it. Hence at a party someone always end up in tears!



Doctor

## YOUR BODY

### EVERY BODY IS DIFFERENT

Everyone has different levels of tolerance to alcohol depending on:

- Your sex (men can often tolerate more than women)
- Your body size (in general larger bodies can cope with more alcohol)
- Your genes
- The situation



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# SOCIETY CRIME

- Alcohol related crime costs £7.3 billion a year.
- 7/10 of all police officers reckon they deal with alcohol related problems every day!
- 85000 people are convicted of drink driving every year.
- Most experts agree that alcohol causes a much bigger social problem than drugs.



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# YOUR BODY MEMORY

- Alcohol switches off a part of our brain that worries about problems. Unfortunately, it is only a short term effect and the problems are still there in the morning.
- Alcohol can prevent you remembering facts. This is why you may experience 'blackouts'.



Doctor

# HEALTH

## WHAT IS A HANGOVER?

- Alcohol makes you dehydrated. You lose lots of water and essential minerals like salt.
- Alcohol makes the blood vessels in your brain increase in size, so there is more pressure in your head and it hurts!
- Alcohol increases acid production in your stomach. Your brain knows that's not good, so makes you sick!



Doctor

# HEALTH

## HOW DO YOU PREVENT A HANGOVER?

- You can't! It is your body's warning system that you have drunk too much! Only time will get rid of that headache!
- Don't drink too much.
- Don't drink on an empty stomach. It is important your stomach has a lining of food.
- Drink lots of soft drinks in-between alcoholic drinks and plenty of water before you go to bed.



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# HEALTH

## NATIONAL HEALTH SERVICE

- Alcohol costs the NHS £1.7 billion every year.
- Alcohol is linked to 33,000 deaths a year.
- 1000 children a year are admitted to hospital with alcohol poisoning.



Doctor

# HEALTH

## GOOD OR BAD FOR YOU?

- In small doses alcohol is thought to be good for your heart.
- **BUT** too much alcohol can cause serious damage to your liver. If your liver stops working you will die in 24 hours.
- Alcohol can also cause serious damage to your brain, stomach and heart.

