



7. cut back on alcohol and other drugs



Alcohol and drugs can seem like a normal part of life. But they can have a big impact on our mental health.

Cutting back:

- keeps my mind alert
- means less effects from hangovers and coming down
- helps with my motivation
- improves my sleep

Be mindful of your use of alcohol and other drugs during isolation.

Try :

- taking a short break - start with a few days and then try a week
- considering alternatives like herbal tea, water or a smoothie
- finding new activities to keep you engaged