



Ascension

Alcohol Use and Investigating Habits

We are coming into our fifth month of our new normal. Most people are feeling bored, restless and stressed. These feelings are definitely valid. It's no surprise that alcohol use is on the rise during this pandemic. However, alcohol can cause insomnia, depression, depletion of fatty acids and B vitamins and congest the liver. That being said, there are other ways we can cope with the pandemic. We only have to dig into our underlying needs.

Alcohol use is a habit that can be further investigated. What is it that alcohol provides? Is it used to help transition from work into evening, does it temporarily decrease boredom? Where do you feel stuck in a rut? Looking at habits to discover what the real pleasure is for you; connection with a loved one, Low mood, temporarily relieving stress? Once you discover the real "why" behind choosing what you choose, you are more empowered to make choices that are more aligned with you and your health goals. Some ideas include making mocktails and sitting on the porch instead of a cocktail, taking a walk to change mood/energy, having a healthy snack or having a dance party to mark the transition from work to relaxed time.

Discovering "mocktail" recipes can be a fun way to have something to drink that is different. A simple favorite is 1/3 cherry juice and 2/3 mineral water – high in antioxidants and trace minerals, this is a drink you can feel great about! How about a mocktail with pomegranate juice? Squeeze lime into a glass, add ice. Pour in 2/3 pomegranate juice, add 1/3 of soda water. Add pomegranate seeds if you choose!

If you are choosing to have alcohol, try having a glass of water in between each drink to help keep hydrated. Stop drinking alcohol at least an hour before bed so it's less likely to disturb sleep. Schedule a night off alcohol all together to break the old routine.

Sometimes all it takes is a little fresh perspective to spark creativity and inspiration again. Where do you feel stuck? Consider talking with your Ascension Wisconsin Employer Solutions wellness representative to set goals for healthier habits today.

Source: Dr. Nicola