

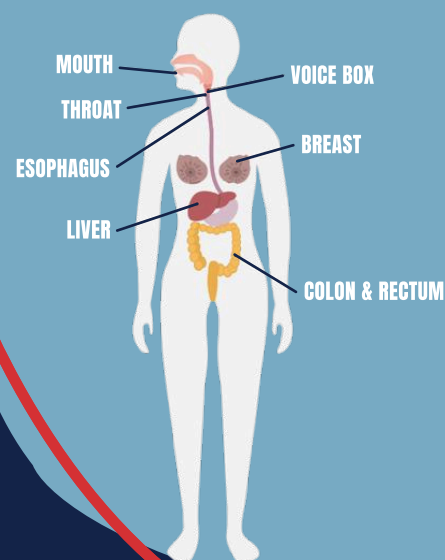
Rethink your drink



Introduction to the problem

Alcohol is a legal psychoactive substance that affects physical and mental health. Cancer is one of the leading causes of alcohol-attributable deaths in the EU, according to data from WHO.

Alcohol-related cancers



Excessive consumption leads to serious health problems, such as diseases of the liver, oral cavity, pharynx, larynx, esophagus, colorectal, cardiovascular diseases, depression or addiction.

Social context:

Marketing promotion and cultural acceptance of alcohol increase its consumption. This trend needs to be reconsidered.



"Alcohol is the silent companion of many misfortunes."

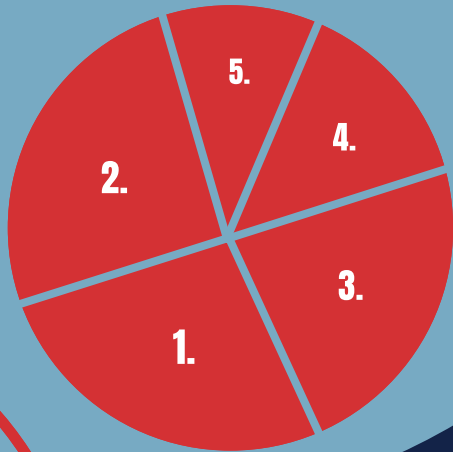


Solutions



Regulate your alcohol intake

Alcohol consumption and addiction in Slovakia



1. **30%** Social drinker
2. **25%** Men with alcohol addiction
3. **20%** No serious problems
4. **15%** Hospitalizations related to alcohol
5. **10%** Women with alcohol addiction

Define your limits:

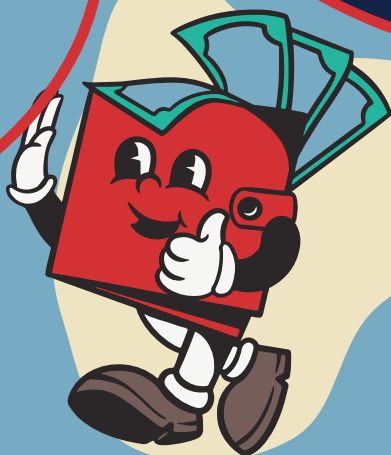
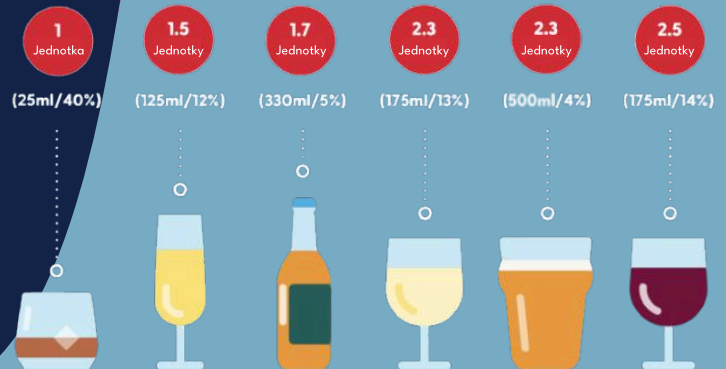
Reduce the number of days you drink. Set a maximum amount for yourself - for example, 1-2 drinks per evening.

Know one dose of alcohol:

Spirit (40 %): 25 ml
Prosecco (12 %): 125 ml
Cider (5 %): 330 ml
Wine (13 %): 175 ml
Beer (4 %): 500 ml
Strong Wine (14 %): 175 ml

No amount of alcohol consumption is safe.

Responsible consumption of alcohol is the key to reducing its negative effects.



"The money you spend on alcohol is the same money that could finance your dreams."

Follow the rule of moderation:

At social events, alternate alcohol with water or soft drinks.

Take a break:

Join a challenge, such as going 30 days without alcohol, to see how you feel without it.

Substitute instead of alcohol

Look for healthier and more pleasant alternatives to drinking alcohol that will bring you joy and relaxation.

Non-alcoholic drinks: Try non-alcoholic beer, mocktails, flavored mineral water, teas, or water with fruit.

**Good times
don't need
a hangover**



New habits:

Enjoy tea or coffee in the evening with a book or a movie instead of drinking. Hiking, meditation or breathing exercises to relax after a hard day.

Social alternatives:

Organize activities without alcohol, such as running, walking, picnics, coffee sessions, board games, sports days or creative workshops.

"A cup of coffee gives you the energy that a glass of alcohol only fakes."

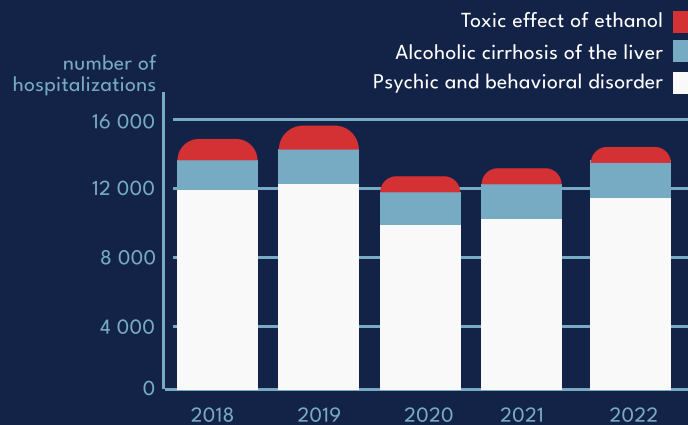


"The joy of movement lasts longer than the momentary intoxication of alcohol"

HAVE
regular exercise



Alcohol-related hospitalizations



Physical activity is one of the best ways to promote your health and reduce the stress that often leads to excessive alcohol consumption.

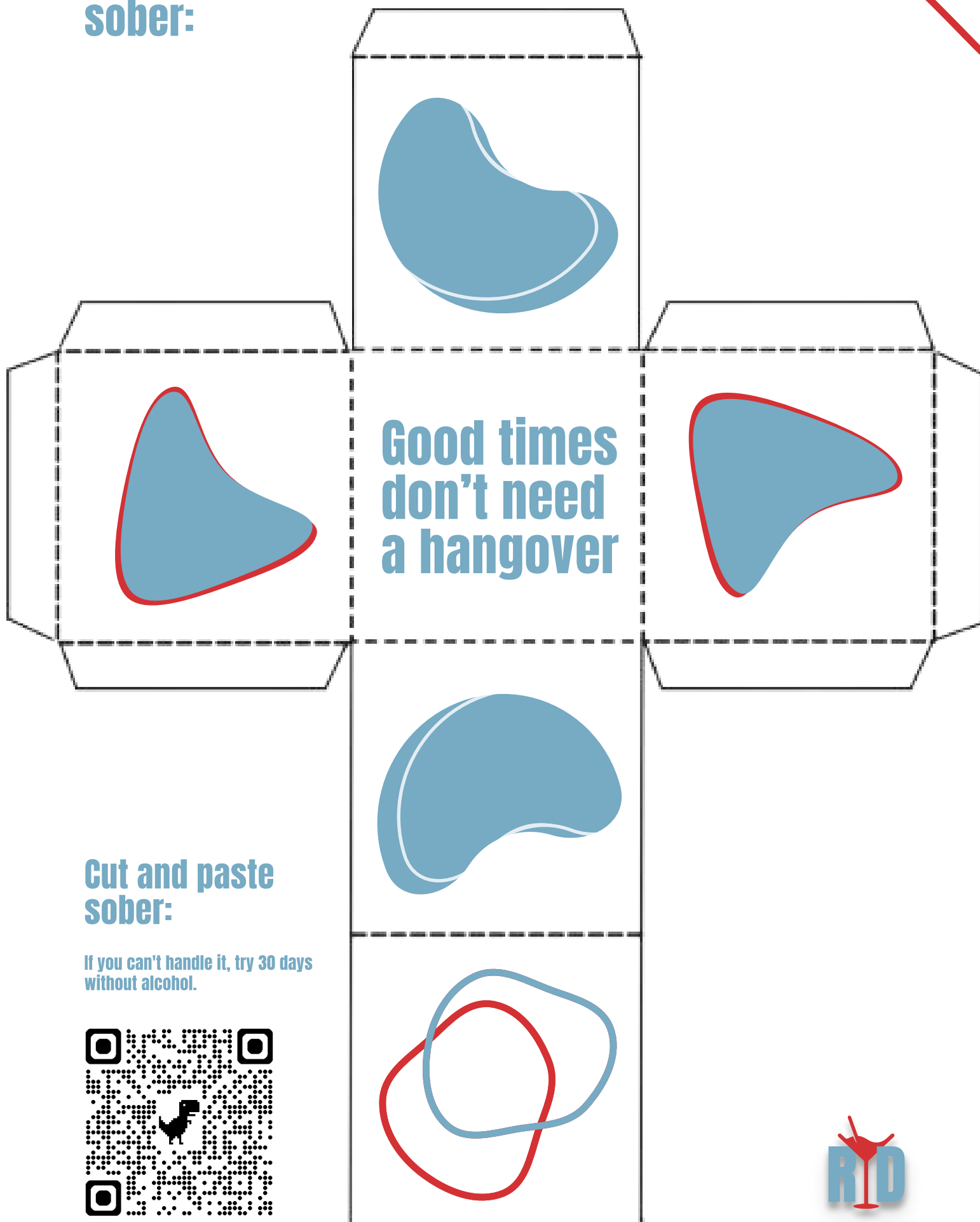
Benefits of exercise: mood improvement, increasion of energy, better coping with everyday stress, gaining discipline

Start simple. Try 30-minute walks, light jogging, hiking or yoga. Combine movement with social activities. Replace an evening at the bar with a sporting event or an outdoor activity with friends.

Movement, such as running, promotes the release of endorphins, which create a real and lasting feeling of joy. This effect is natural and healthy, unlike alcohol, which only offers a short-term and artificial feeling of well-being.



**Cut and paste
sober:**



**Cut and paste
sober:**

**If you can't handle it, try 30 days
without alcohol.**

