



ALCOHOL CONSUMPTION AND COVID-19

ALCOHOL CONSUMPTION
DO YOU HAVE A PROBLEM
WITH ALCOHOL?

EACH YEAR **3 MILLION** AROUND
AROUND **3 PEOPLE** THE WORLD
DIE AS A RESULTS OF THE
HARMFUL USE OF ALCOHOL



Most people enjoy a cold beer or glass of wine from time to time, whether it's relaxing at home after a long day or catching up with friends over food.

**BUT WHAT IS CONSIDERED TO BE A SAFE AMOUNT?
AND HOW MUCH IS TOO MUCH?**

ALCOHOL CONSUMPTION AND COVID-19⁶

A recent study conducted in the US found that alcohol consumption increased significantly during the Covid-19 pandemic.



More than
1/3
participants reported
that they had
engaged in
alcohol misuse



2/3
of participants noted
that they drank
more during Covid-19
than they did prior
to the pandemic.

Increased levels of
**stress and
boredom**
were two of the main
reasons for the increase in
alcohol consumption.

Do you have a problem with alcohol misuse or abuse?

Using data from the World Health Organization, AUDIT has developed a short survey to help determine whether your level of alcohol consumption is a problem.

[CLICK HERE TO TAKE THE SURVEY](#)

If you have any questions or need additional information, please contact your HR department.
Alternatively, visit www.cignawellbeing.com.

This article was reviewed by Beatriz Collado Bernabe, Nurse Case Manager at Cigna.



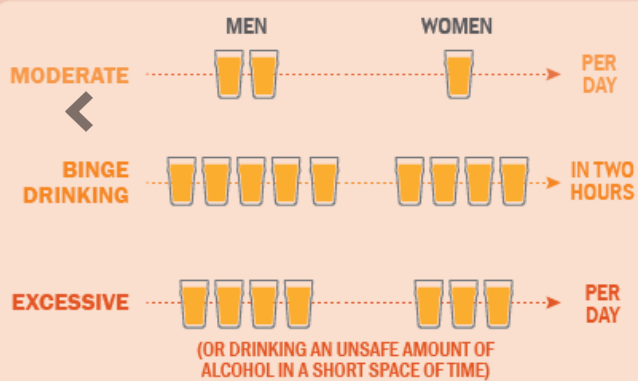
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ALCOHOL MISUSE vs ALCOHOL USE DISORDER

In general, **alcohol misuse** is considered a short-term issue, while **AUD** (commonly referred to as alcoholism) refers to a person's alcohol consumption over a long period of time. Also, with **alcoholism** being an addiction disorder, people tend to struggle to stop drinking – even if they want to.

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ALCOHOL MISUSE



Anything more than what's considered *moderate* on a particular day may be considered as **the misuse of alcohol**.

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ALCOHOL USE DISORDER



Alcohol use disorder (alcoholism) – a pattern of alcohol use that is difficult to control. Someone with AUD is usually preoccupied with alcohol and will continue to drink even though it leads to problems in their personal life. They often have withdrawal symptoms when they rapidly decrease their alcohol consumption or stop drinking.

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ALCOHOL MISUSE

“Have you ever asked yourself ‘*am I drinking too much alcohol?*’” asks Beatriz Collado Bernabe, Nurse Case Manager at Cigna. “If you relate to some of the points below, you may be guilty of misusing alcohol.”⁸

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TIME TO CUT BACK?

Cutting back on your alcohol consumption can be an effective way to improve your health, boost your energy levels, help you lose weight, and save you money. Here are some practical tips to help you cut back:⁵

1 PLAN AHEAD
Set yourself a drinks limit and try your best to stick to it.

2 SET A BUDGET
Similarly, stick to an amount you're willing to spend on alcohol each month – including an amount for going out.

3 CHOOSE LOW-ALCOHOL OR NO-ALCOHOL ALTERNATIVES
Instead of drinking spirits, switch to light or no-alcohol beer, or drink rose instead of red wine.



ADAPT YOUR SOCIAL HABITS **4**
Instead of dinner and drinks, why not grab a coffee, meet up for brunch, or go out for a walk.

NO MORE DAY DRINKING **5**
Try limiting your alcohol intake to dinner time. Waiting to have a drink will make it that much more rewarding.

FIND A HOBBY **6**
Many people consume alcohol when they're bored or stressed. Trying out a new activity is a good way to keep yourself entertained. Exercise, for example, will not only keep you busy, but it's also an excellent stress reliever.



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