

Alcohol and Drug Snapshot

April 2024



Click on images to download information

Stress Awareness Month



We all experience stress and we all experience it differently.

Many situations can cause stress, the most common involve work, money matters and relationships. Whatever the source of stress is it is important to recognise how it affects you, then you can take action.

There is a strong link between alcohol, drugs and stress. During times of stress people may use alcohol and/or drugs to cope however alcohol and drug use can also lead to stress. Additionally if someone reduces their alcohol or drug intake or is newly engaged in treatment this can cause stress both physically and psychologically.

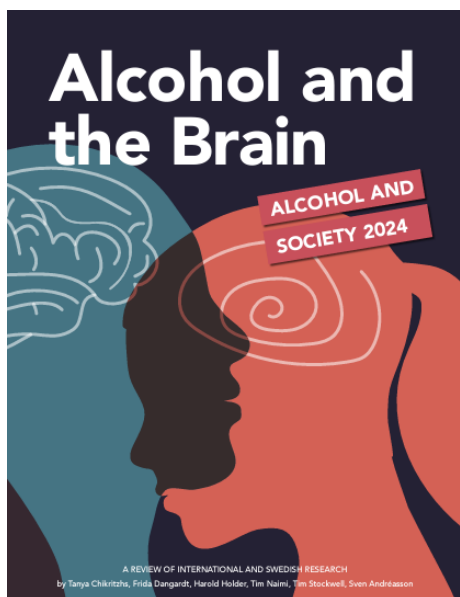
Managing stress is an essential component of a healthy lifestyle and before we can manage stress we need to identify the symptoms of stress.

Common symptoms of stress can include:

- a pounding heart or palpitations
- a dry mouth
- headaches
- odd aches and pains
- loss of appetite
- loss of libido (sex drive)

[Source](#)

Alcohol and the Brain



This report, Alcohol and the Brain, is the tenth written by a group of international alcohol researchers.

The report focusses on alcohol and the human brain. It draws together evidence for alcohol's broad ranging and often profoundly adverse impacts on neurological, cognitive and psychological health across the life course.

Mental Health Snippet

Mental Health Improvement Team
Stress Awareness Month April 2024



What is Stress?



Stress is a natural emotional response to the challenges and demands in our lives. People have different ways of reacting to stress, so a situation that feels stressful to one person may be motivating to someone else. Stress is not an illness but can cause illness if not addressed and managed in a healthy way.

Causes and Impact



Resources for Managing Stress

click on images to download information

If you're feeling anxious, stressed, or low, or having problems sleeping or dealing with grief – find out how you can improve your mental wellbeing by hearing what others have found helpful.

A downloadable simple guide to stressing less and enjoying life more.

A downloadable booklet to help you cope better with stress.

A downloadable guide that provides tips on how to manage and reduce stress.

Useful information on what to do if you are struggling with stress.

Understanding and dealing with stress: Activities helping to recognise and how to deal with feelings of stress.

Our colleagues in the Mental Health Improvement Team produce and circulate a monthly mental health snippet that provides a range of information across the life course, including resources, research articles, reports, events, and learning opportunities. The most recent edition has a focus on Stress Awareness Month.

You can download this edition, along with all of the previous snippets, from the Mental Health Improvement website.

If you would like to sign up to receive the snippet, please contact ggc.mhead@ggc.scot.nhs.uk.

Staff Health and Wellbeing

Across the Alcohol and Drug sector staff work in roles supporting the health and wellbeing of those in their care. It is equally important that staff take care of their own health and well being and support their colleagues.

NHSGGC and HSCP Staff Webinars

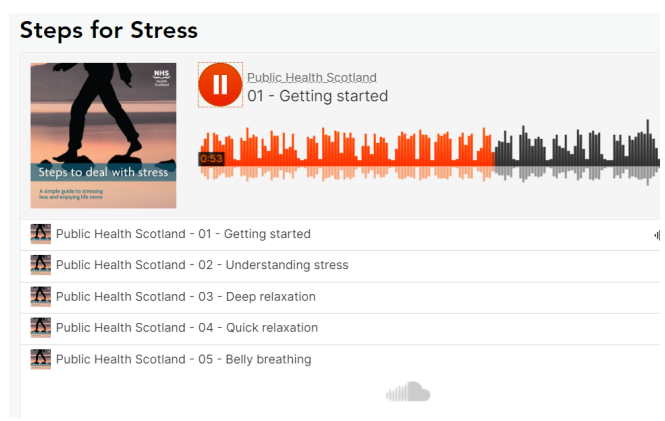
The Peer Support Team are delivering a 45-minute live online version of the eLearning module 'Looking after Yourself and Others'. Looking after Yourself and Others is a brief intervention rooted in evidence-based techniques to support stress management, providing information on healthy behaviours to support your wellbeing and the wellbeing of others. These sessions are running twice per month until December 2024.

[BOOK NOW >](#)

'Lets Talk about' is a range of staff well being webinars focussing on various topics that are important to personal health and wellbeing. On 25th April the topic of the webinar is Alcohol and Drugs.

[BOOK NOW >](#)

Steps for Stress Audio Playlist



This playlist developed by Public Health Scotland will help you to understand how stress works and includes a number of exercises designed to help you feel more relaxed.

It is free to download, and you can also stream it using the Soundcloud website or app.

Staff Health and Wellbeing Resources



Websites and Services



Alcohol and Recovery Drug Services (ADRS) provides a range of treatment and care options for individuals who are affected by their own or someone else's alcohol and/or drug use.



NHS Inform hosts a number of resources to support if you or someone you know requires support with Stress.



Breathing Space advisors provide listening, information and advice for people in Scotland feeling low, stressed or anxious. You can speak to a Breathing Space advisor on **0800 83 85 87**.



Samaritans offer free and confidential support 24 hours a day. You can speak to someone from Samaritans at any time on **116 123**.