



# WELLNESS

PHYSICAL • MENTAL • SOCIAL

GEHA



## THINK BEFORE YOU DRINK

Pay attention to how much alcohol you consume.



**Paying attention to alcohol consumption is particularly important right now.**

With many cities and nations living under “shelter-in-place” or lockdown mandates, feelings of anxiety, depression or even sheer boredom increase – along with the desire to turn to alcohol as a coping mechanism.

Enjoying a beer or a glass of wine with dinner now and then won’t likely cause additional issues, but higher levels of consumption may lead to bigger issues. Self-medicating with alcohol can appear as a quick-fix solution that may help ease stress and loneliness in the short term, but might lead to further instability or medical issues.

Abusing alcohol can affect your general health. Alcohol use, especially heavy use, weakens the immune system and can reduce your ability to cope with infectious diseases. It can also disrupt sleeping patterns. All of this can make you more susceptible to developing COVID-19.

### GET HELP FROM HOME

If you’re struggling with alcohol dependency, talk with your primary care physician. If you’re unable to speak to your regular physician at this time, you can also call the Substance Abuse and Mental Health Service Administration’s National Hotline at **1.800.662.HELP (4357)**.

Explore more at the [Chiefs Wellness Program homepage](#) -->