

Important

Numbers



Samaritans Call FREE 24/7

116 123



Breathing Space Call FREE on 0800 83 85 87

Open Mon – Thurs 6pm – 2pm

& Fri – Mon 6pm – 6am



Shout

Text Shout to 85258 FREE 24/7

NHS 24 – 111

Scotland's Domestic Abuse & Forced Marriage

Helpline FREE 24/7 Call 0800 027 1234



CALM - 0800 58 58 58



Festive Colouring



Coping At Christmas with Alcohol

Here are 5 tips from an individual who uses the service on how to get through the festive period whilst practising controlled drinking!

- 1. Don't be afraid to say no to big work nights out. You could arrange a lunch with colleagues you work closely with, so that you don't feel you are missing out.**
- 2. Christmas dinner with family - ask to sit next to someone who doesn't drink, maybe an old aunt or granny? You'd be amazed at the stories they can tell you that you didn't know!**
- 3. Have a list of reasons why you choose not to drink and the aftermath if you did on your phone. Go sit in the bathroom and read your list when starting to feel overwhelmed.**
- 4. Distract yourself. Get back in touch with your inner child - talk to the children or play a game.
Take time out for yourself. Go for a walk**
- 5. Remind yourself how far you have come.
Ensure you have helpline numbers on your phone should you need them.**



Mindful Exercises

Why not go for a walk?
Taking the time to enjoy
your surroundings,
looking out for any
signs of nature?

Try a body scan, starting from
your head and moving down
to your toes. Check for any
feelings of warmth or
relaxation. YouTube also
offers some fantastic options
for this.



What Does 14 Units of Alcohol Look Like?

To minimise health risks, it is recommended that adults do not regularly drink more than 14 units of alcohol per week, spread over three or more days with several drink-free days.



Wine (13%)

6 x 175ml

13.7 units

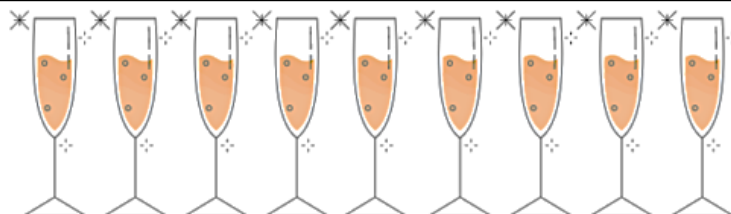
954 calories

Champagne (12%)

9 x 125ml

13.5 units

945 calories



Beer (4%)

6 pints

13.6 units

1092 calories

Spirit Drinks

7 x doubles

14 units

854 calories



**Low Risk Drinking
DURING THE
HOLIDAY SEASON**

How Many Units
are in your drink?



MERRY
CHRISTMAS
& Happy New Year!

Self-Care After Drinking: Myths We All Fall For...

Myth #1:

“A wee drink helps me relax when I’m stressed.”

Ah yes... the classic “*stress relief*” excuse we’ve all used once. Truth is, alcohol is a depressant — it can make anxiety & low mood worse, not better.

If you’re feeling overwhelmed, swap the wine for some actual self-care (and reach out for support if you need it). Future-you will thank you.



MYTH FACT



Myth #2:

“Hair of the dog will save me from this hangover.”

Spoiler: It won’t. Unless you’ve invented time travel, the only real hangover prevention is remaining alcohol free or drinking less.

The next day? Be kind to yourself — rest, nibble something light, sip water, and accept your fate.

Myth #3:

“Coffee or a freezing cold shower will sober me up.”

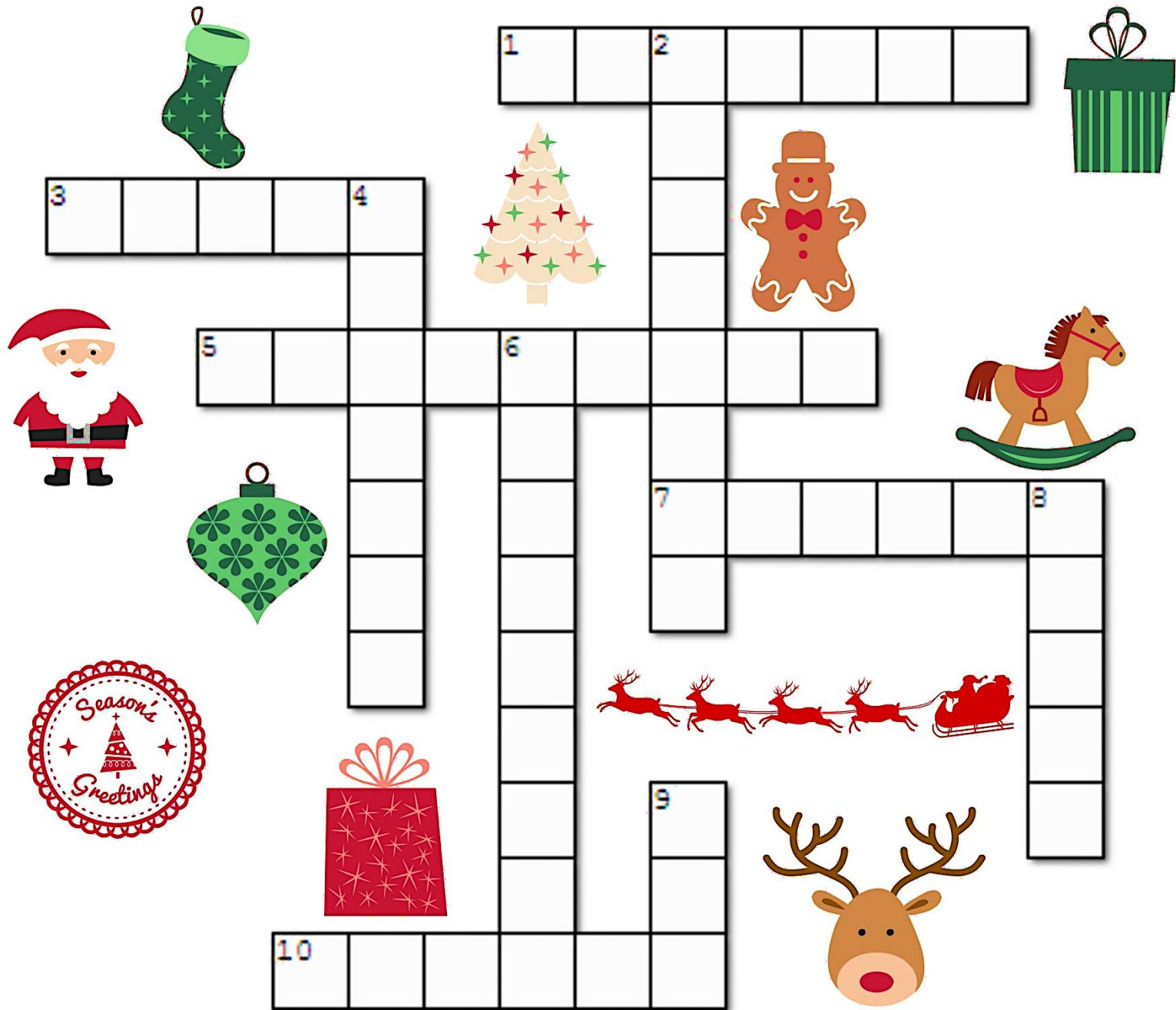
Sorry to break it to you... but nope. You might feel *more awake*, but you’re still as drunk as you were before.

Sobering up takes time, patience, hydration, and promising yourself you’ll “never drink again” (until next weekend).



CHRISTMAS CROSSWORD PUZZLE

USE THE CLUES TO COMPLETE THE CROSSWORD PUZZLE.



Across

1. One of Santa's Reindeer
3. Santa's Helpers
5. December 25th is _____.
7. Christmas Drink
10. The name of a popular snowman.

Down

2. Christmas Month
4. He hates Christmas!
6. You hang them by the chimney.
8. On Christmas morning we unwrap our _____.
9. ____ to the world!

Worried about your own or a loved one's drinking?



Whether you wish to stop drinking completely or cut down, ACA can provide free confidential information, support & advice.



Daytime & evening appointments available within accessible locations throughout East & South Ayrshire. Counsellors are trained to professional standards.

For further information or to make an appointment, please call in confidence on
01292 281238
e-mail: info@acaayr.org



website: www.acaayr.org or Facebook page: 'Ayrshire Council on Alcohol'



Santa's Mocktail Club



Santa's Strawberry Cream Soda



Tastes like: Sweet strawberry sundae

Ingredients:

Cream soda
Strawberry syrup
Ice

Method:

1. Add ice.
2. Pour in cream soda.
3. Add a dash of strawberry syrup & swirl.



Grinch Lime Refresher



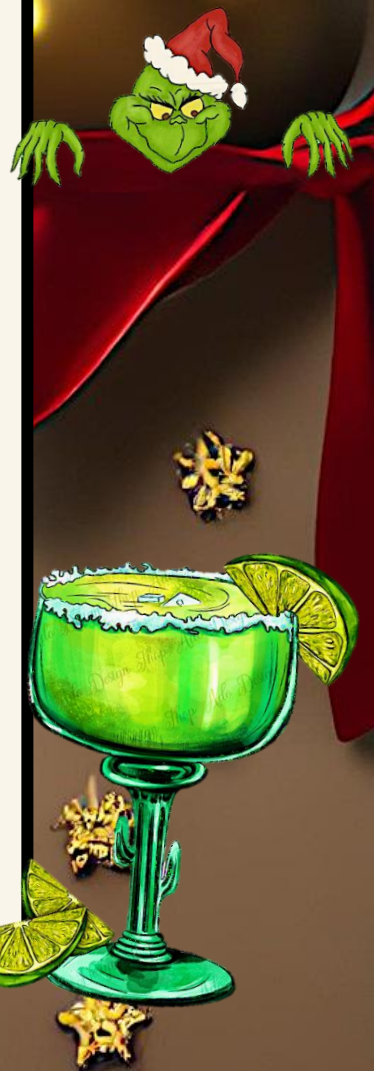
Tastes like: Sweet, sharp & bright green

Ingredients:

Lime cordial
Lemonade
Slice of lime
Ice

Method:

1. Add a small splash of lime cordial.
2. Fill with lemonade.
3. Stir with ice and add a lime slice.





Staying Sober During the Holidays



Keep Perspective - Christmas Day is ONE day of the year and New Year's Eve is only celebrated for a few hours!

- Remind yourself why you have chosen to stop drinking
- Plan for how your days are going to look
- Stick to your routine as much as possible
- Get involved in alcohol free activities
- Let people you trust know you are not drinking alcohol
- Use your support network & out of hours' helplines
- Say no to invitations which you feel may be triggering or risky
- If you drive offer to be the designated driver
- Remove yourself from stressful or uncomfortable situations – make your excuses and leave



***Here are some tips to help you to
stay sober during the holidays.***

