

# DRINKAWARE WORKPLACE WELLNESS ALCOHOL AWARENESS FOR EMPLOYEES

Evidence-informed workshops, webinars and health promotion resources to prevent and reduce alcohol-related harm

DRINKAWARE

# WELLNESS IN THE WORKPLACE

The workplace has been recognised by the World Health Organisation as playing an important role in promoting health. Encouraging wellness in the workplace is beneficial for both employees, who appreciate their wellness being considered, and employers, who recognise the business benefits in terms of productivity, recruitment and retention.

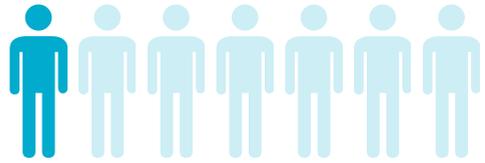
## WHY INCLUDE ALCOHOL AWARENESS?

Workplace wellness programmes typically involve elements focusing on mental health, physical wellness, good nutrition and improved sleep. Alcohol misuse has wide-ranging impacts on each of these areas but is often not a featured component of employee wellness initiatives. These programmes have clear potential to provide an opportunity to prevent and reduce alcohol-related problems in the workplace and in wider society.



# JUST 2%

OF IRISH PEOPLE SURVEYED  
CAN IDENTIFY HSE LOW-RISK  
ALCOHOL GUIDELINES  
(DRINKAWARE INDEX 2019)



# ONE IN SEVEN

IRISH WORKERS SURVEYED HAD  
SUFFERED WORK-RELATED  
PROBLEMS FROM CO-WORKERS  
DRINKING (HSE 2018)

# 21%

OF IRISH ADULTS SOMETIMES FEEL THEY  
SHOULD CUT DOWN ON THEIR DRINKING FOR  
REASONS INCLUDING PHYSICAL AND MENTAL  
HEALTH (DRINKAWARE INDEX 2019)



# HOW CAN WE HELP?

Drinkaware offers evidence-informed workshops, webinars and health promotion resources to provide facts, tips and tools to understand alcohol's impact and make small, positive changes to cut down or cut out alcohol to protect physical and mental health. Our workshops are interactive; designed to facilitate meaningful discussion and engagement with participants.

**Note:** During Covid-19 restrictions, all workshops will take place online.

45  
MINS

## GENERAL WORKSHOP

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- » Latest data on behaviours, attitudes and drivers of alcohol use in Ireland
- » HSE low-risk weekly guidelines, binge drinking
- » Alcohol's impact on health and wellbeing
- » Tips to drink less or cut out alcohol
- » Drink driving facts, limits and penalties

45  
MINS

## PARENTS WORKSHOP

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- » A shorter adaptation of our general workshop
- » Latest data on underage alcohol use in Ireland
- » Risks of early alcohol use on a teenager's development
- » Strategies to help parents start the conversation about alcohol
- » Advice on being positive family role models

45  
MINS

## ALCOHOL AND MENTAL HEALTH WORKSHOP

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- » A shorter adaptation of our general workshop
- » Overview of mental health in Ireland
- » How alcohol affects the brain (mood, anxiety, wellbeing)
- » Advice for developing healthy coping strategies

1  
HOUR

## ALCOHOL AWARENESS FOR LINE MANAGERS

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- » Visit [www.drinkaware.ie/workplace-wellness](http://www.drinkaware.ie/workplace-wellness) for details

# FEEDBACK

**100%**

OF SURVEY  
RESPONDENTS  
AGREED THE  
WORKSHOPS ARE  
USEFUL

“

“A very practical, realistic and sensible workshop with lots of useful tips - without “wagging the finger” at the participants.”

Workshop  
Participant

”

**97%**

SAID THEY WILL  
MAKE SMALL POSITIVE  
CHANGES TO THEIR  
DRINKING HABITS AS A  
RESULT OF THE  
WORKSHOP

## ABOUT US

Drinkaware is the national charity working to prevent and reduce alcohol misuse in Ireland, governed by an independent board and regulated by the Charities Regulator.

## DRINKAWARE

Web: [drinkaware.ie](http://drinkaware.ie)

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Registered Charity Number: 20204601