

# ALCOHOL & THE BRAIN



Alcohol can impair your ability to think clearly and lead to poor decisions.

# ALCOHOL & THE BRAIN

## VITAL FUNCTIONS



Alcohol can chill the body, slow our breathing, and lower our heart rate.

# ALCOHOL & THE BRAIN

MENTAL HEALTH



Alcohol can negatively affect emotions, behaviours, decisions and can lead to anxiety/depression.

# ALCOHOL & THE BRAIN



Alcohol can cause difficulties with new learning and memory.

# ALCOHOL & THE BRAIN

AUTOMATIC FUNCTIONS



Alcohol can lead to problems with attachment, fatigue, sleep and circadian rhythms.

# ALCOHOL & THE BRAIN



Alcohol can affect co-ordination and balance, slow reflexes, and cause shakes and tremors