

Effects of Alcohol on the Mind and Body

Alcohol is an age restricted drug. It is a depressant, which means that it slows down your reaction times.

Read the list of effects that alcohol can have on your mental health and on your short and long term physical health.

Cut out the effects and sort them under the correct headings: short term physical effects, long term physical effects and effects on mental health.

Add to your list any other effects that you can think of.

problems at work <small>twinkl.com</small>	reduced fertility <small>twinkl.com</small>	anxiety <small>twinkl.com</small>
osteoporosis <small>twinkl.com</small>	red and blotchy skin <small>twinkl.com</small>	increased risk of various types of cancer <small>twinkl.com</small>
dry skin <small>twinkl.com</small>	falling over/dizziness <small>twinkl.com</small>	dehydration <small>twinkl.com</small>
stomach ulcers <small>twinkl.com</small>	hangover: headache, dry mouth, nausea <small>twinkl.com</small>	weight gain <small>twinkl.com</small>
family problems <small>twinkl.com</small>	lung infections <small>twinkl.com</small>	depression <small>twinkl.com</small>
slurred speech <small>twinkl.com</small>	feeling sick/vomiting <small>twinkl.com</small>	unpredictable behaviour <small>twinkl.com</small>
high blood pressure <small>twinkl.com</small>	blackouts/memory loss <small>twinkl.com</small>	insomnia <small>twinkl.com</small>
heart disease and increased risk of heart attack <small>twinkl.com</small>	liver disease; cirrhosis <small>twinkl.com</small>	alcohol dependence/ alcoholism <small>twinkl.com</small>
increased risk of stroke <small>twinkl.com</small>	brain damage <small>twinkl.com</small>	self-harming behaviours <small>twinkl.com</small>
poor judgement, which could lead to drink driving or personal accidents <small>twinkl.com</small>		

Short Term Physical Effects	Long Term Physical Effects	Effects on Mental Health

Effects of Alcohol on the Mind and Body **Answers**

Short Term Physical Effects	Long Term Physical Effects	Effects on Mental Health
Heart disease and increased risk of heart attack	Increased risk of stroke	Anxiety
Osteoporosis	Increased risk of various types of cancer	Red and blotchy skin
Dehydration	Dry skin	Unpredictable behaviour
Depression	Liver disease; cirrhosis	Brain damage
Slurred speech	Weight gain	Problems with friends
Falling over/dizziness	Self-harming behaviours	Poor judgement, which could lead to drink driving or personal accidents
Lung infections	Feeling sick/vomiting	High blood pressure
Problems at work	Insomnia	Blackouts/memory loss
Alcohol dependence/ alcoholism	Stomach ulcers	Reduced fertility
	Family problems	Hangover: headache, dry mouth, nausea