

Bottletop - Mind, body and Soul - 02

Bottletop asked groups of young people some questions about their views, experiences and habits of drinking alcohol. Called Mind, Body and Soul the following answers represent an honest account. Please note that we do not necessarily agree with all or any of these responses and you should make yourself aware of the legal, health, safety and social consequences of consuming alcohol.

Visit www.drinkaware.co.uk for more information.

Are you a girl or a boy?

Girl

How old are you?

18

What do you do?

I'm a full time student at Hereford College of Arts and part-time waitress/barmaid.

How healthy are you?

I would say I'm fairly healthy. I try to eat at least one balanced meal a day, although I do snack between meals. I exercise occasionally but I could do more I guess. I do enjoy a few (4-5) cigarettes a day.

Where is your 'head at'?

I think my head is in a good place. I'm pretty confident. I have a few insecurities but no more than most women! I tend to worry more about others because I like to know people are ok.

Are you happy?

Right at the moment? Yes I'm happy.

What is your attitude to drinking alcohol?

I think its fine to drink alcohol. I think it's important to never drink on an empty stomach and know when you've hit your limits but I don't see a problem otherwise.

If you drink alcohol how much do you drink?



If it's a week when I'm going out for example on a Friday night and I'm not driving, I drink about 46 units.

What is your favourite tippie? (no trade names)

I like whisky and coke or the occasional beer/lager.

When do you drink?

Usually on a Friday/Sunday night. Other nights I'm working or driving.

What makes you drink?

Nothing 'makes' me drink but I suppose it helps to lose inhibitions and generally give you more confidence.

Do you worry that your drinking habits may harm your body, mind or soul?

I don't think I drink heavily enough for it to severely damage my health. If I thought that it was, I wouldn't have a problem stopping.

Give an example of when you had a good experience of drinking

I can't really think of one moment that stands out, I've had a lot of good nights when I've been drinking and in great company.

Give an example of when you had a bad experience of drinking

I drank on an empty stomach and got very drunk fast. I was ok but was more drunk than I wanted to be and it took quite a while to sober up.

What do others think about your drinking habits?

I haven't had any serious negative comments about my drinking because I don't think my drinking is a 'problem'. If someone close to me made a comment about me drinking too much, I would definitely cut down because I value the opinions of those closest to me.

Do you need to drink less, if so why?

No, I don't need to drink less. I'm not harmful to myself or others.

