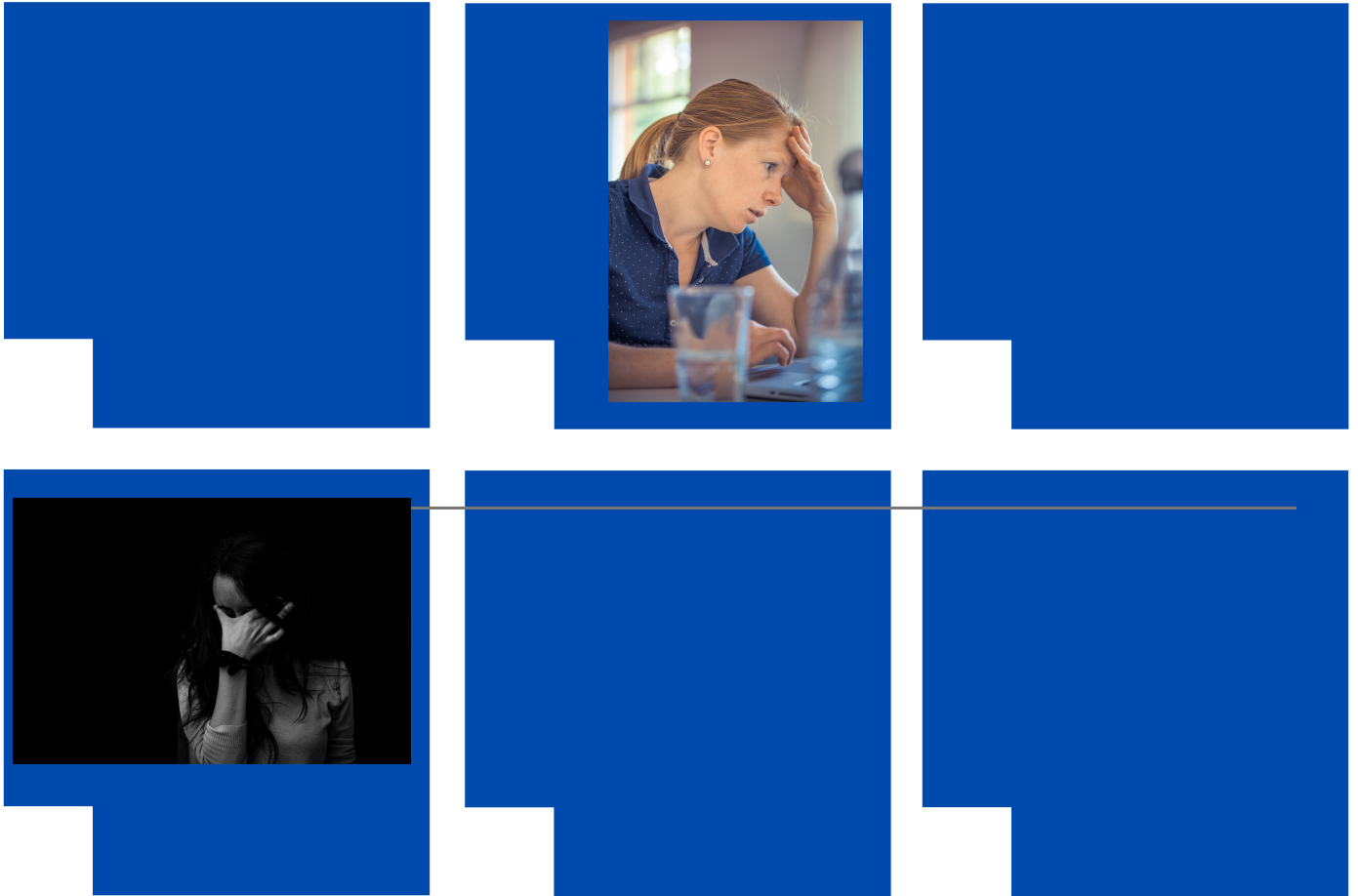


# a few notes

## Topic: Alcohol and Anxiety



### Daily Envision Employee Check-in Hosted by Dr. Stefanie Simmons

Alcohol (and caffeine) change the levels of serotonin and other neurotransmitters in the brain, which worsens our anxiety. Today's check-in focused on understanding our anxiety and finding ways to treat our anxiety. Therapy may work best to reduce social anxiety. See resources in the EAP. Meditation is also available to help you practice dealing with anxiety. Medication will help treat different types of anxiety.

Talk to your doctor. And finally lifestyle changes like 6-8 hours of regular sleep, limiting caffeine and alcohol, eating healthy, and setting aside time for relaxation are just a few tips for treating anxiety.

Click here for [Source](#)