

## **Week 1 – Drivers/stressors**

<https://www.cdc.gov/alcohol/fact-sheets/womens-health.htm>

<https://jamanetwork.com/journals/jamanetworkopen/fullarticle/2770975>

<https://www.cbc.ca/news/health/women-alcohol-consumption-risks-pandemic-1.5973004>

<https://psycnet.apa.org/doiLanding?doi=10.1037%2Fadb0000801>

## **Week 2 – Assessing use and sharing current data**

<https://www.responsibility.org/>

<https://twitter.com/goFAAR/status/590198802541367296?lang=en>

<https://www.webmd.com/depression/alcohol-and-depression>

<https://www.breastcancer.org/research-news/asco-statement-on-alcohol-and-risk>

<https://ascopubs.org/doi/full/10.1200/JCO.2017.76.1155>

<https://adf.org.au/insights/up-when-alcohol-goes-down/>

<https://www.nbcnews.com/health/womens-health/women-us-are-drinking-death-research-finds-rcna96848>

<https://www.cdc.gov/alcohol/fact-sheets/alcohol-use.htm>

<https://americanaddictioncenters.org/blog/why-alcohol-causes-hangover-anxiety>

### **Week 3 – Prevention/harm reduction messaging:**

<https://www.healthline.com/health-news/mindful-holiday-drinking>

<https://www.oprahdaily.com/life/g38744562/best-mocktail-recipes/>

<https://www.cdc.gov/ncbddd/fasd/alcohol-use.html#:~:text=There%20is%20no%20known%20safe,exposed%20to%20alcohol%20before%20birth.>

### **Week 4 – Tips on wellness**

<https://www.cosmopolitan.com/uk/body/health/a33323277/sober-celebrities/>

<https://www.elle.com/uk/life-and-culture/culture/news/g31658/celebrities-who-dont-drink-alcohol/>

[https://www.instagram.com/sober\\_celebrities/?hl=en](https://www.instagram.com/sober_celebrities/?hl=en)

<https://www.aa.org/find-aa>

<https://www.psychologytoday.com/us/blog/all-about-addiction/201904/top-10-ways-eliminate-stress-without-alcohol>

<https://www.theguardian.com/society/2020/sep/30/sober-october-17-ways-to-unwind-after-a-stressful-day-without-hitting-the-booze>