



STUDENTS
ORGANISING FOR
SUSTAINABILITY
UNITED KINGDOM

ALCOHOL & HANGXIETY

[#StudentDrugandAlcoholAwarenessWeek](#)



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Hangxiety is short for hangover anxiety and is a term used to describe the anxiety some people experience following alcohol consumption

Drug & Alcohol

Impact

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**Hangxiety can affect anyone, but
the effects of hangxiety might feel
more noticeable if you are prone
to feelings of anxiety**

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**In fact, 14% of students said that
drinking alcohol made an existing
mental health condition worse***

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***Student Drug and Alcohol Survey 2023-24**

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If you suffer from hangxiety, you could try:



Reducing the likelihood of a hangover by staying hydrated and swapping alcohol drinks for low & no alternatives



Practicing breathing exercises to reduce feelings of anxiety

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