# “That’s when I realised something needs to change — I cannot rely on alcohol”

Pauline was never a big drinker. But to deal with the challenges presented by COVID-19, she started relying on a glass of wine or two every night.

In the beginning, it was her way of coping during this stressful period.

But very quickly she realised the more she depended on alcohol, the more difficult it would be for her to manage her mental health and eventually cut back – because alcohol is addictive.

**Watch Pauline’s insightful story on how she opted for healthier ways to deal with stress.**

https://vimeo.com/761672295

If you’re aiming to drink less or to quit altogether, [here](https://fare.org.au/resources/tips-and-tools/) are some tips and tools that can help you cut back on alcohol.

*In the coming months, we’ll be regularly sharing stories like Pauline’s on our website.* [*Sign up to the FARE email list*](https://fare.org.au/action/) *to receive similar stories.*

*If you have experiences to share – short or long – that can help people know they’re not alone, please share your story through our* [*Voices of Change project*](https://fare.org.au/voicesofchange/)*.*