

## Bottletop - Mind, body and Soul - 01

*Are you a girl or a boy?*

Girl

*How old are you?*

19

*What do you do?*

I'm a full time student at Hereford College of Arts studying performing arts. I work part-time in a bookies for a bit of money.

*How healthy are you?*

I eat fairly healthily & exercise regularly. However I do smoke.

*Where is your 'head at'?*

I'm pretty comfortable in my own skin and am quite a confident person. I can be a bit of a worrier sometimes though!

*Are you happy?*

I've always found this a tricky question to answer as life has its ups and downs. I'd say right at this moment I'm happy.

*What is your attitude to drinking alcohol?*

I like alcohol and enjoy drinking when socialising with my friends, but I think everything in moderation; it's not fun anymore when you go over your limits.

*If you drink alcohol how much do you drink?*

It depends on the situation how much and what I drink. If I was at the pub for an eve I'd have a few bottles of beer. However in a club I'd drink more and probably spirits.

*What is your favourite tittle? (no trade names)*

I do like most alcohol and know what best agrees with me now. My favourite is probably certain bottle beers.

*When do you drink?*

Mostly during the weekend. However I sometimes go out on a student night in the week.



*What makes you drink?*

I drink to have a good time with my friends/to celebrate with my family.

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

No I have always been in control of my drinking and like to think I'm sensible.

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

I went away to London for my birthday with a few friends. After getting bored and tired of looking around the sights, we made our way to a bar and spent the rest of the day there. It was one of the best birthdays I've had and no one went past their own limit.

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

I had a New Years Eve party a few years ago, which got a bit out of control. I ended up throwing up on my Mums floor and had to clean the house the next day with the worst hangover in the world.

*What do others think about your drinking habits?*

My Mum is happy with my attitude towards alcohol. My friends have similar feelings and share the same thoughts as me.

*Do you need to drink less, if so why?*

I think I drink a reasonable amount that is not a problem. I have definitely cut down in the last year.

