



**mon**

Because I'm  
feeling low



**tue**

Because my boss  
doesn't know



**wed**

Because working  
from home is lonely



**thu**

Because I can't cope  
with deploying again



**fri**

Because balancing  
family and work is hard



**sat**

Because I'm  
missing my mates



**sun**

Because I'm back  
at work tomorrow



**Time  
for more  
Drink Free  
Days**

Look after yourself.  
Break the routine.  
Track your drinking.

**drinkaware**

Registered Charity, England and Wales (4547974), Scotland (SC043163)



Ministry  
of Defence