

# Understanding Post-Drinking Depression and 5 Ways On How To Avoid

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Post-drinking depression, also known as “hangxiety” or “hangover blues,” refers to feelings of sadness, anxiety, and low mood that occur after consuming alcohol. While many people may experience a temporary dip in mood after drinking, post-drinking depression can be more severe and persistent in some individuals. We’ll explain the causes of post-drinking depression and explore five strategies to avoid it.

## Causes of Post-Drinking Depression: Chemical Imbalance

Alcohol affects neurotransmitters in the brain, including serotonin and dopamine, which play a role in mood regulation. Excessive alcohol consumption can disrupt the delicate balance of these neurotransmitters, leading to feelings of depression and anxiety.

## Dehydration

Alcohol is a diuretic, meaning it increases urine production and can lead to dehydration. Dehydration can exacerbate feelings of fatigue, irritability, and low mood, contributing to post-drinking depression.

## Sleep Disruption

While alcohol may initially make you feel drowsy and relaxed, it can disrupt the quality of your sleep later in the night. Poor sleep quality can worsen mood disturbances and increase the risk of post-drinking depression.

## Withdrawal Symptoms

As the effects of alcohol wear off, some individuals may experience withdrawal symptoms such as tremors, sweating, and heightened anxiety. These symptoms can contribute to feelings of depression and unease.

## Personal Factors

Individual differences, such as genetics, mental health history, and coping mechanisms, can influence how alcohol affects mood. Some people may be more susceptible to post-drinking depression due to underlying vulnerabilities or predispositions.

## Ways to Avoid Post-Drinking Depression Moderate Your Alcohol Intake

The most effective way to avoid post-drinking depression is to drink alcohol in moderation or abstain altogether. Set limits for yourself and stick to them, pacing your consumption and alternating alcoholic drinks with water or non-alcoholic beverages.

## Stay Hydrated

To mitigate the dehydrating effects of alcohol, make sure to drink plenty of water before, during, and after drinking. Hydration helps replenish lost fluids and can alleviate some of the symptoms associated with post-drinking depression.

## Prioritize Sleep

Aim for quality sleep by establishing a consistent sleep schedule and creating a relaxing bedtime routine. Avoid alcohol consumption close to bedtime, as it can disrupt your sleep cycle and exacerbate feelings of fatigue and low mood the next day.

## Practice Self-Care

Engage in activities that promote relaxation and well-being, such as exercise, meditation, or spending time outdoors. Prioritize self-care practices that nourish your mind, body, and spirit, helping to alleviate stress and boost mood resilience.

## Seek Support

If you’re struggling with alcohol-related depression or finding it difficult to moderate your drinking, don’t hesitate to reach out for support. Talk to a trusted friend, family member, or mental health professional about your concerns. [Seeking professional help](#) can provide you with the tools and resources needed to address underlying issues and develop healthier coping strategies.

## Contact Grand Falls Center for Recovery Today

Understanding post-drinking depression is essential for mitigating its impact and promoting overall well-being. By recognizing the causes of post-drinking depression, individuals can take proactive steps to avoid it.

If you or someone you know is struggling with alcohol-related depression or substance abuse issues, [reaching out to Grand Falls Center for Recovery](#) can provide access to [comprehensive support](#) and resources tailored to your needs. Don’t hesitate to seek help and take the first step towards a healthier, happier life.

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