



LIMIT YOUR INTAKE

TIPS ON CUTTING DOWN DRINKING



If you regularly drink more than 14 units of alcohol per week, try these simple tips to help you cut down...

Make a plan

Before you start drinking, set a limit on how much you're going to drink.

Set a budget

Only take a fixed amount of money to spend on alcohol.

Take a break

Have several drink-free days each week.

Take it a day at a time

Cut back a little each day. That way, every day you do, you can consider it a success.

Make it a smaller one

You can still enjoy a drink, but go for smaller sizes. Try bottled beer instead of pints, or a small glass of wine instead of a large one.

How a lower-strength drink

Cut down the alcohol by swapping strong beers or wines for ones with a lower strength (ABV In 1%). You'll find this information on the bottle.

Stay hydrated

Have a glass of water before you have alcohol and alternate alcoholic drinks with water or other non-alcoholic drinks.

Let them know

If you let your family and friends know you're cutting down and it's important to you, you could get support from them.

BENEFITS OF CUTTING DOWN

The immediate effects:

- Feeling better In the mornings
- Being less tired
- Better looking skin
- Feeling more energetic
- Better weight management



The long-term benefits:

- Deeper sleep
- Brighter mood
- More energy
- Better concentration
- Better skin
- Slimmer waistline
- A happier stomach
- More time and money
- Better long-term health

