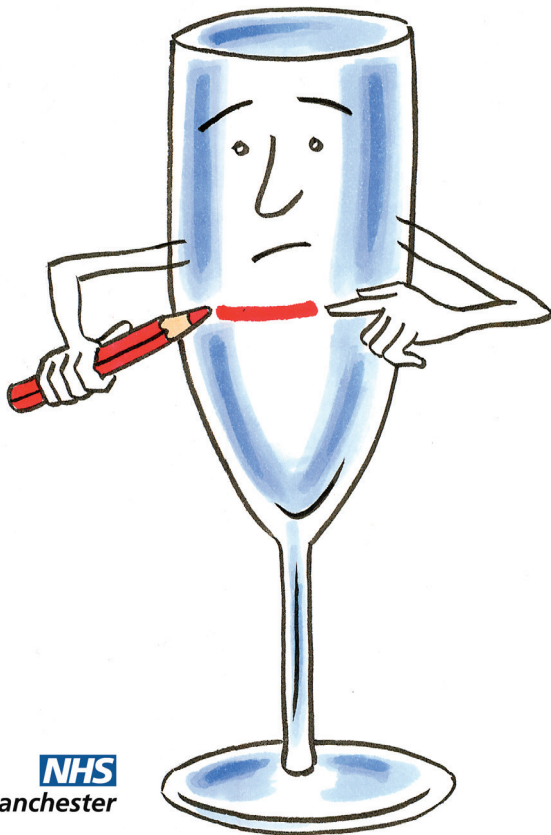


Top Ten Tips For Cutting Back On The Booze



NHS
Manchester

Public Health Development Service

Top Ten Tips For Cutting Back On The Booze



1. Decide on your goal. Do you want to cut down or perhaps have time off alcohol altogether?

2. Pick a day of the next week to start. Go for a day when you are less likely to be under pressure.

3. Keep a Drinks Diary to help you keep a check on how much you are drinking. Work out how you can avoid situations that you know will encourage you to drink.

4. Reduce your units by choosing drinks that are not so strong or not so large.

5. Pace yourself. Try alternating alcoholic drinks with non-alcoholic or low-alcohol ones.



6. Plan things to do for those times when you have thoughts or urges for a drink.

7. Replace drinking with other stress-reducing pleasures – do some exercise, have a relaxing bath, listen to music, or talk to a friend you can trust.



8. Take stock of your progress and make sure you give yourself credit where it's due for your achievements so far. This will help you to keep going to achieve your targets.

9. Try to have at least two alcohol-free days a week. Always give your body a 48 hour break from booze if you do drink too much in one session.

10. Don't give up! Changing a habit like drinking takes time and hard work. Focus on what you've achieved so far and reward yourself when you meet your goals.



Pregnant women and women trying to conceive should avoid alcohol altogether. Never more than 1-2 units once or twice a week.