

# Cutting down on alcohol

## Top tips.

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1. Go out a bit later, or just have your first drink later
2. Decide on your limit at the start of the evening
3. Tell others you're cutting down and avoid rounds
4. Drink longer drinks, and drink more slowly
5. Replace some of your drink with non-alcoholic or low alcohol drinks
6. Have at least two alcohol free days a week
7. Watch your 'home measures' – buy a drinks measure or use smaller glasses
8. If you drink at home, try buying wine and beers with a lower alcohol content
9. Avoid 'topping up' your drink as it's harder to keep track of how much you're drinking
10. Find other ways of relaxing – exercise or relaxation techniques