



# 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

