Tips on cutting down on alcohol

#1 MAKE A PLAN
Watch how much you drink, set a limit and count your units when you have a drink.

#2 SET A BUDGET
Leave your cards at home, that way you can’t drink more than your budget allows.

#3 BEWARE OF ROUNDS
Don’t be afraid to opt out of a round - this way you can pace yourself.

#4 MAKE IT A SMALLER ONE
Go for smaller sizes, try bottled beer instead of pints or a small glass or wine instead of a large one. Swap for lower ABV in % - You’ll find this info on the bottle.

#5 HAVE A GOOD MEAL
Eating a good meal slows down the absorption of alcohol and helps you stay in control.

#6 STAY HYDRATED
Drink a pint of water before you start drinking - don’t use alcohol to quench your thirst. Alternate alcoholic drinks with water or soft drinks.

#7 DE-STRESS DIFFERENTLY
Try not to make alcohol key to winding down after work and try some alternative stress busters like exercise.

#8 TAKE A BREAK
Why not try to add two alcohol free days per week?

INTERESTING ALCOHOL FACTS:
- You would have to run for 68 mins to burn of a bottle of wine
- Alcohol can impact on your sleep, mood and anxiety levels
- People who are aware of the levels that they drink are less likely to develop dependance

The Alcohol Screening Tool
Ask yourself these questions… Please circle the answer that best applies to you and then add the totals in the end column.

Question: 0 1 2 3 4 Total

1. How often do you have eight or more drinks on one occasion? Never Less than monthly Monthly Weekly Daily or almost daily

2. How often during the last year has a relative, friend or a doctor or other health worker been concerned about your drinking or suggested you cut down? Never Yes, on one occasion Yes, on more than one occasion

TOTAL

Your consumption of alcohol is low risk for developing alcohol related health problems or social problems, relationship problems, violence, anti-social behaviour etc.

This means the likelihood that you might develop health related or social problems is low. You are at low risk for developing alcohol related harm now but you have already done so. The higher your score, the higher the chances are that you are dependent on alcohol.

So what is my next step?
Getting further feedback about your drinking may be a start. Have a look at our screening tool on our website at www.alcoholandyouni.com

Is it time for a change?
AlcoholAndYou may be just what you need. Providing a range of support including:
- An interactive website / self-help materials you can work on in the privacy of your own home
- Alcohol/Clinic to chat with someone to work out what is best for you
- Counselling to help you reach goals you set
- There is also support for family members: (www.alcoholandyouni.com/family-support-service)

Help and Support is just a phone call or click away

To find out how to get a free copy of the Alcohol and You Workbook

Questions

MEN: How often do you have eight or more drinks on one occasion?

WOMEN: How often do you have six or more drinks on one occasion?

Total

What you do with your drinking is up to you.

25% of people in the workplace drink heavily enough to be at risk dependence.

The Alcohol And You Partnership

Online Telephone

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www.alcoholandyouni.com

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Helping you to Live longer, healthier and happier lives

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Interesting fact

25% of people in the workplace drink heavily enough to be at risk dependence.

“Working together to reduce alcohol related harm”
Some interesting facts

A pint of lager contains as many calories as a slice of pizza

You would have to run for roughly 36 minutes to burn off the calories in half a bottle of 13% red wine

You should be worried?

- Do you drink alone when you feel sad?
- Do you ever regret what you do when you've been drinking - like being aggressive?
- Does your drinking worry your family?
- Do you ever drink after telling yourself you won't?
- Do you ever forget what you did when you were drinking?
- Do you get bad headaches or hangovers?

How much are you drinking on an average week?

INSERT YOUR UNITS BELOW AND TOTAL UP

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Some interesting facts

Dehydration

Drinking reduces hydration, a hormone of your body that prevents your body losing water.

When you stop drinking your body produces more water.

You can lose up to 4 pints of water for every pint of beer you drink.

That is why you have a dry mouth, headache (your brain shrinks and pulls on the membrane) fatigue and nausea.

Do any of these affect you?

The colour of your drink

Congarers are toxic by-products of fermentation.

Darker drinks have more congerers like red wine, whiskey. They will make you feel rough.

Some interesting facts

Anatomy of a hangover.

Why do we feel so bad when we drink too much?

If you drink too much you run the risk of the dreaded hangover.

There are four reasons for this.

1. Chemical Change (Glutamine rebound)

2. Dehydration

3. The liver deals with alcohol

4. The colour of your drink

Remember any decrease helps!

Should I be worried?

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