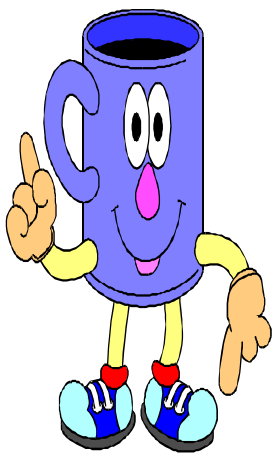


## Tips for Cutting Down

- Drink slowly - sip instead of gulping your drinks
- Put your glass down between sips - don't keep it in your hand
- Practice 'pacing' yourself
- Don't finish your drink before others finish theirs
- Order half pints, or shandys, if ordering beer.
- Dilute spirits liberally
- Set a time limit for every drink (e.g. 60 mins.)  
(The body processes approx. 1 unit of alcohol per hour)
- Decide your drink limit before each drinking situation
- Decide not to drink at all at certain times, or in certain places



- Don't Drink on an empty stomach
  - Choose non alcoholic drinks
  - Make your first evening drink a non-alcoholic one - particularly if you're thirsty
  - Carry only a limited amount of money into a drinking situation
- When you are not drinking something alcoholic, keep your glass filled with that soft drink

- Arrive at the drinking place a bit later than usual
- Alternate alcoholic and non-alcoholic drinks
- Drink only one type of alcoholic drink on each drinking occasion
- At home, keep a stockpile of non - alcoholic drinks, and keep them visible
- Don't stockpile alcoholic drinks at your home
- Stick to lower risk drinking guidelines of a maximum of 21 units for men / 14 units for women, spread throughout the week with non drinking days in-between
- Tell a friend or relative that you are cutting down and enlist their support
- Keep a drinking diary to keep track

