

Tips to reduce drinking alcohol



The more alcohol you drink, the greater your risk of alcohol related cancers. These tips are to help you reduce your alcohol consumption or to take a break from alcohol for good

1. Be organised. Plan your week to minimise activities that might involve alcohol.
2. Work out what your triggers for drinking are and plan to avoid them.
3. Swap your drink. Have alcohol free options readily available.
4. If you do drink, in between drinks, add a water chaser.
5. Change your routine. Instead of opening a bottle of wine after work on a Friday, make a date to do something active like a yoga class or a walk with a friend. Try having an alcohol free day.
6. Plan activities that aren't focused around drinking and alcohol. Organise breakfast or brunch dates instead of activities that will most likely include drinking alcohol.
7. Try to avoid environments that promote or encourage drinking.
8. Minimise alcohol available in your house.
9. Socialise with people you know aren't big drinkers and who will support your choice to reduce drinking alcohol.
10. Download an app to help monitor how you are going with your drinking.
11. Add up what you are spending on alcohol and transport.
12. Focus on all the positive things you experience by reducing your alcohol intake.
13. Celebrate achievements, even the small ones.
14. Focus on changes you see in your physical self such as improved sleep, better skin, improved mood and concentration, weight maintenance or improved liver function.

Further information and additional resources can be found on our website
www.pinkhope.org.au

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