

## 8. Worried About your Drinking?

Are you always the one who overdoes it?

Do you find yourself getting aggressive? Or getting into risky situations?

Do you feel ashamed the next day or, worse, don't remember what you did or said?

Is all your money going on booze?

Are hangovers stopping you from working?

### Helpful Tips to Cut Down:

- **Delay** the time you have your first drink
- **Eat** before you drink
  - Having food in your system slows down alcohol absorption, you are also less likely to drink if you are full.
- Have **lower strength** drinks, smaller sized bottles/ glasses.
  - Increase the amount of mixer in your drink
- **Alternating** drinks with water or a soft drink will keep you hydrated and will also save money.
- Don't **mix** your drinks; stay with the same type of alcohol.

- **Experiment** with different soft drinks or teas.
- **Sip** and enjoy
  - Drinking for speed and quantity diminishes the pleasurable effects of alcohol and increases the negative effects.
- **Stop** when you've had enough.
- **Count** your drinks
  - This will make you more aware of how much you are consuming.
- Take a **break**
  - Have at least 2 (preferably consecutive) alcohol free days a week.
  - This break will boost your health and help break the habit.
- When **socialising**, find an activity that isn't alcohol related.
- Invest in building your **confidence** without alcohol.
- Learn how to **relax**, use calming thoughts, and breathing techniques.
- Get into a **bedtime routine** without alcohol.
  - Your sleep will improve once you stop using alcohol.

[Visit the Counselling and Wellbeing Website for helpful online resources on Alcohol and Drugs](#)