

#DRYMESTER

HELPING PARENTS-TO-BE GO ALCOHOL FREE



Advice for Christmas

Holidays bring with them parties and gatherings, making it harder than usual to avoid craving alcohol. See our top #DRYMESTER tips for how to enjoy the festive season with your health intact.

1. TAKE CONTROL

Host your own party. You'll be the DRYHOST or HOSTESS WITH THE MOSTESS and can thoroughly enjoy an evening planned entirely around you.

2. BE UP-FRONT

Tell people you're going alcohol free and it's non-negotiable, so there's no point in spending the evening trying to tempt you at every top up turn.

3. RECRUIT A BUDDY

You're much more likely to go alcohol free if your partner or friend does it with you. Why not ask them to take part in #DRYMESTER and enjoy time with your family and friends without the hangovers.

4. FIND SUPPORT

Line up a list of supporters which you can call, text or have a quiet word with should you be feeling the pressure. They'll help you get back on track and ease those temptations.

5. PLAN IN ADVANCE

Get prepped with your alcohol free drinking alternatives. It doesn't have to be a classic lemonade or tap water. There's plenty of Christmas mocktail recipes ready to zing your taste buds.

6. DO SOMETHING FOR YOU

Find a way to treat yourself without an alcoholic drink. Research the best mocktail recipes, purchase the most indulgent Christmas dinner ingredient or ask your partner for that present you've had your eye on all year. Go on, you deserve it.

7. TAKE A BREAK

Contrary to belief, Christmas isn't all about partying. In fact, it's really a time to wind down for the year end, spend time with family and friends and relax. Curl up with an interesting book, say yes to those family board games or put your feet up with a Christmas film. It's the little things that count!

For more information visit
www.drymester.org.uk/he



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