

Six useful ways to cut down your drinking



Drink-free days

Set a goal of not drinking alcohol on 3-4 days a week. Mark those days in your diary/calendar. Get your friends involved too and support each other.



Use smaller glasses

This could reduce the amount of alcohol you drink without you even noticing!



Don't drink before dinner

If you are drinking earlier in the day, set yourself a goal of not having a drink before your evening meal.



Meditate don't medicate

Some people self-medicate and use alcohol to reduce stress/anxiety. [Check out new ways of coping with stress/anxiety](#)



Go No-Lo (No alcohol – Low Alcohol)

Most supermarkets stock great tasting no-lo drinks. Try making mocktails and enjoy them with friends when you catch-up online.



Avoid stockpiling

Plan ahead and only buy enough alcohol for the week (within recommended limits). Store the alcohol out of sight to reduce temptation.



Track your progress by downloading the [Drink Aware app](#)

You can also track your calorie intake and how much money you've saved.



Support the NHS

Alcohol related incidents put an additional strain on NHS staff. Join others in supporting the NHS by cutting down your drinking.

If you are concerned about your drinking, please contact **CGL SPECTRUM** on 0800 652 3169 or visit their website www.changegrowlive.org

