

# 8 steps for reducing alcohol use



If you want to minimize or reduce higher risk drinking behaviors, the steps below are a good place to start. Implement some of them in your life and see what impacts it has on your drinking.

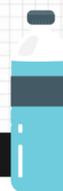


## #1 Include food

Don't drink on an empty stomach. It does slow alcohol absorption slightly.

Keep your audience in mind, listen to them and try to cater your content towards them.

#2



## #3 Pace & Space

Pace yourself. For every alcoholic drink, have something non-alcoholic in between - soda, juice, non-alcoholic mixed drink, etc.



## #4 Develop Alternatives

Drinking can take up a lot of time, money, and sometimes it becomes the default social event.

It's a lot easier to drink if you spend a lot of time at the bar. Suggest activities that get you and your friends out in a new setting, meeting new people, and having new experiences.



## #5 Count & Measure

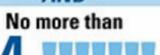
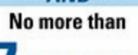
Know standard drink sizes so that you can keep an accurate count of how many you have had. It's easy to drink a lot more than you want when you get non-standard drink sizes (e.g. double shots, mixed drinks, large beer, etc). Keep track of how many you drink. Stop when you get to your limit.



## #6 Set goals

Decide how many days you want to drink that week and how many drinks you want to have. Plan some days with no alcohol.

On the days you drink, try and stay within the low-risk limits

Low-risk drinking limits	MEN	WOMEN
 On any single DAY	No more than <b>4</b>  drinks on any day	No more than <b>3</b>  drinks on any day
Per WEEK	No more than <b>14</b>  drinks per week	No more than <b>7</b>  drinks per week

To stay low risk, keep within BOTH the single-day AND weekly limits.



## #7 Know your "No"

Have an excuse ready to go when you are offered a drink that you don't want (e.g. I've got an early morning, I'm not feeling well, I've reached my limit, I've got a test tomorrow."). Don't try to think of excuses on the spot. Have a couple ready to use.



## #8 Limit Money

Bring a limited supply of cash or set a certain amount of money to spend. Leave the credit cards at home if you're tempted to spend too much.

#8

## Switch Drinks

Switch from your drink of choice to another drink with lower alcohol concentration. Not only will you drink fewer drinks, you'll drink less alcohol overall.