

TOP TIPS

Our advice for alcohol use, whether you want to drink safely, cut down or stop altogether.

General rules

These apply to everyone, regardless of your situation.

Do not use any alcohol at times when you:

- Drive or operate machinery
- Are pregnant or breast feeding
- Are taking medications that react with alcohol
- Have medical conditions made worse by alcohol
- Cannot stop or control your drinking



If I drink too much what will be the benefits of cutting down or stopping altogether?

- You will sleep better.
- You will be happier.
- You will save a lot of money.
- Your relationships will improve.
- You will stay younger for longer.
- You will achieve more in your life.
- You will have a greater chance of surviving to a healthy old age without premature damage to your brain.
- You will be better at your job.
- You will find it easier to stay slim – alcoholic drinks contain a lot of calories!
- You will be less prone to depression and six times less likely to commit suicide.
- You will be less likely to die of heart disease or cancer.
- You will be much less likely to die in a fire or by drowning.
- Other people will respect you more.
- You will be less likely to get into trouble with the police.
- The possibility that you will die of liver disease will be reduced by 12 times.
- You will be 3 times less likely to die in a car accident.

MEN:

- Your sexual performance will probably improve.

WOMEN:

- The chance that you will have an unplanned pregnancy will decrease.
- There will be less chance that you will damage your unborn child.

If you've decided to stay abstinent from alcohol, certain places and situations will be particularly difficult. Likely 'triggers' will include:

- Parties
- Particular people
- Festivals
- Bars
- Dinner parties
- Tension
- Criticism
- Boredom
- Feelings of failure
- Feeling lonely
- Mood
- Sleeplessness
- Arguments
- Family
- After Work
- Weekends
- After receiving pay
- When others are drinking



Bars and parties can be a problem...

Make a plan – preferably with a counsellor or supportive friend – for how you will deal with the temptation to drink at these times.

I normally go to the pub after work what can I do?

- Go home instead
- Find another activity – exercise is particularly helpful, as the endorphins that are released give you a natural buzz.
- Limit the number of days drinking after work with friends
- Stop after two drinks
- Switch to non-alcoholic beverages after two drinks
- Change friends
- Work later



Joining a gym is a good idea

What's the best advice for people who want to keep drinking alcohol?

- Have no more than two drinks of alcohol per day
- Drink no more than five days per week

