

HOW ARE YOU?

For more help on becoming a healthier you:
email: wellbeing@portsmouthcc.gov.uk
call: **023 9229 4001**
or search **One You** on portsmouth.gov.uk

ONE YOU PORTSMOUTH

TOP 10 TIPS FOR REDUCING YOUR ALCOHOL INTAKE

1. Switch to drinks with lower alcoholic content
2. Suggest meeting friends in a café rather than a bar
3. Replace drinking with other stress reducing activities - relaxing bath, exercise, reading or listening to music
4. Quench your thirst and drink plenty of water before you go out, never go out on an empty stomach
5. Have non-alcoholic drinks in-between alcoholic ones
6. Avoid drinking in rounds or large groups
7. Plan activities and tasks at those times when you would usually drink
8. When you do drink set yourself a limit and stick to it
9. Only take out a set amount of money. Don't take out your debit or credit card
10. Have your first drink later in the day and leave longer gaps in-between alcoholic drinks