

Tips on cutting down...



- Consider drinking a non-alcoholic drink to quench your thirst before having alcohol
- Alternate non-alcoholic drinks with alcoholic ones

- Pace yourself – enjoy a drink slowly. Set yourself a limit and stick to it

- Try to eat when you drink, it helps you to drink less, but avoid salty snacks which increase thirst



- Reduce the number of days when you drink more than 1-2 units
- Go out to the pub or club later in the evening
- Resist pressure from people who encourage you to drink more – it's your health you are looking after!
- Avoid drinking in rounds or in large groups
- Switch to low alcohol beer/lager
- Take smaller sips and avoid 'top-ups' so you can keep track of your units



- Plan activities and tasks at those times you usually drink
- When bored or stressed have a workout instead of drinking and explore interests – cinema, exercise etc

- Avoid going to the pub after work
- Avoid or limit the time spent with 'heavy' drinking friends

What to do next...

Think about making some changes; but before you set some goals consider the following;

Benefits of changing?

.....

Benefits of staying as I am?

.....

Do the benefits of changing seem stronger? If they do, read on. If they don't, you may not be ready to make changes yet.

SMART Plan...

- Whilst reading this leaflet you may have thought of some changes that you could make - why not record them here.
- Try to make one small change at a time.
- If you make your goals 'SMART' - Specific, Measurable, Achievable, Realistic and Timed, then they are more likely to really happen!

Examples of 'SMART' goals;

...starting this Friday, and for the next month, I will go to the pub at 9:00pm instead of 8:00pm and my first drink will be an orange juice

...instead of sharing that bottle of wine with my partner tonight, I'm going to go to the cinema instead

Your 'SMART' goal;

.....

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ALCOHOL



How much is too much?

Alcohol is so widely used that we sometimes forget the harm it can cause to our physical and mental health. Doctors agree that drinking more than the **sensible limits** damages health in the short & long-term.

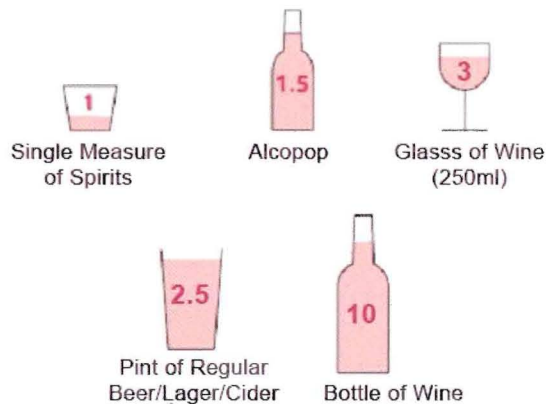
So how can we enjoy our drink and stay healthy?

The NHS recommends that;

Men should not regularly drink more than 3-4 units of alcohol per day

Women should not regularly drink more than 2-3 units of alcohol per day

How many units does your drink contain?



Did you know?

Alcohol is high in calories. A pint of beer or a couple of glasses of wine are

about the same as a bar of chocolate.



Did you know?

If you have a heavy drinking session, it is best



to avoid alcohol for 48 hrs to give your body time to recover.

Find out if you're drinking too much...

For the following four questions, please circle the answer which best applies

1 drink = 1/2 pint of beer or 1 glass of wine or 1 single spirits

MEN: How often do you have EIGHT or more drinks on one occasion?

WOMEN: How often do you have SIX or more drinks on one occasion?

Never Less than monthly Monthly Weekly Daily or almost daily

How often during the last year have you been unable to remember what happened the night before because you had been drinking?

Never Less than monthly Monthly Weekly Daily or almost daily

How often during the last year have you failed to do what was normally expected of you because of drinking?

Never Less than monthly Monthly Weekly Daily or almost daily

In the last year has a relative or friend, or a doctor or other health worker been concerned about your drinking or suggested you cut down?

No Yes, on one occasion Yes, on more than one occasion

Scoring the quiz...

Score questions 1, 2 and 3 as follows:

Never = 0
Less than monthly = 1
Monthly = 2
Weekly = 3
Daily or almost daily = 4

Score question 4 as follows:

No = 0
Yes, on one occasion = 2
Yes, on more than one occasion = 4

Total score = If you scored more than 3 then this suggests you are drinking more than is recommended.

Drinking more than is recommended has its risks; these are highlighted in the 'Effects of drinking too much' section.

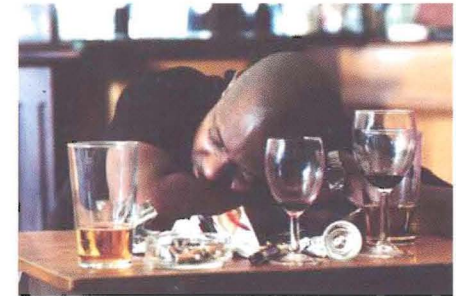
If you scored 3 or more, use the 'Tips on cutting down' and 'What to do next' sections to help you make changes.

Use the 'Where to get more information' section for further advice & support.

Effects of drinking too much...

Short-term risks include:

Anxiety
Loss of consciousness
Slowed breathing and heartbeat
Sexual difficulties such as impotence
Increased risk of accident and injury



Long-term risks include:

Increased risk of heart disease & certain types of stroke
Certain types of cancer, especially breast cancer
Memory loss, brain damage or even dementia
Liver disease, such as cirrhosis & liver cancer
Skin problems and premature ageing
Becoming overweight or obese
Stomach ulcers

Where to get more information...

Locally

AddactionCada - (01872) 263001
Alcoholics Anonymous - 0845 769 7555
Your local GP surgery

Nationally

Drinkline - 0800 917 8282 (For free confidential help & advice on alcohol related issues - open 24 hours a day)
Know your Limits - www.knowyourlimits.gov.uk
Drinkaware - www.drinkaware.co.uk