

Have you considered drinking less?



Cutting back can be hard.
Here are some tips to help:

1 Plan hobbies or other fun activities
for when you would usually drink alcohol

2 Reach out
to people who will support and encourage you

3 Ask partners and friends not to drink around you

4 Choose alcohol-free drinks you enjoy

5 Try other ways to relax and connect
such as a walk or meeting friends in the park

6 Do activities
that don't involve alcohol

7 Reach out to your doctor or other health provider

