

Reduce the Use

Alcohol

During 'Lockdown' we are drinking too much. If you know that you are drinking more than is good for you, here's a few things that might slow you down a bit:

1. **Start a little later in the day.** Don't drink in the morning; and add an hour or two to your usual 'start time'; it will help to reduce the amount you are drinking.



2. **Plan your drinking day.** Decide what you are going to drink and stick to your plan. If you're there with a partner or family member, you might make that plan together. You need to start somewhere, so start today!

3. **Buy less, so you drink less.** If it's not there, you can't drink it. I don't mean become a teetotaler, but you don't have to buy up the whole off-licence either.



4. **Eat a meal** before you drink and avoid salty foods (crisps and takeaways) as they will make you thirstier.

5. **Drink wisely:** Try not to drink the drinks that lead you into trouble, e.g. Don't drink the drinks that lead you to fighting or to take other drugs.

