



Strategies to cut down on drinking

- ✗ Avoid drinking games
- ✗ Space your drinks over time
- ✗ Alternate drinking non-alcoholic (water or soda) and alcoholic drinks
- ✗ Set a drinking limit before you start (i.e. 1 drink an hour or 1 – 2 drinks per day)
- ✗ Keep count of the amount of drinks you've drank
- ✗ Spend more time with friends who don't drink
- ✗ Go out later and bring less money.
- ✗ Quench your thirst with non-alcoholic drinks before having an alcoholic drink.
- ✗ Avoid salty snacks when you are drinking.
- ✗ Eat before drinking. It will make you feel more full and then you will drink less.
- ✗ Try to take small sips of your drink, avoid gulping, drink slowly.
- ✗ Dilute your drinks, (i.e. add soda to wine and mixers to spirits).
- ✗ Take a break of one hour between drinks.
- ✗ Involve yourself in Non-drinking activities

Learn how to say NO:

- ✗ You do not have to drink when other people drink.
- ✗ You do not have to take a drink that is given to you.
- ✗ Practice ways to say no politely (*i.e. tell people you feel better when you drink less.*)
- ✗ Stay away from people who give you a hard time about not drinking

Watch out for Temptations:

- ✗ Watch out for people, places or times that make you drink, even if you do not want to.
- ✗ Stay away from people who drink a lot or bars where you used to go.
- ✗ Plan ahead of time what you will do to avoid drinking when you are tempted.
- ✗ Do not drink when you are angry or upset or have a bad day.

Difficult Situations:

If you have the habit of going to bars after work or have the habit of meeting your friends there;

INSTEAD: try to organize a different social activity: going to see a film, or going to a gym or a park

If you drink mainly at night;

INSTEAD: try to keep yourself busy, go to places where you cannot drink, like the cinema

If you drink when you are alone;

INSTEAD: reduce the amount of time that you spend alone: join a club or a support group or increase time doing activities with family members

If you drink when you are stressed;

INSTEAD: learn relaxation techniques or engage in relaxing activities, like gardening

New York State Smokers' Quitline

1-866-NY-Quits (1-866-697-8487) www.nysmokefree.com



Alcohol Consumption Limits:

If you drink alcoholic beverages, do so in moderation.

Moderation is defined as:

- ✘ For men: no more than two drinks per day
- ✘ For women: no more than one drink per day

A person may be at risk for alcohol-related problems if alcohol consumption is:

- ✘ Men: greater than 14 drinks per week, or greater than 4 drinks per day
- ✘ Women: greater than 7 drinks per week, or greater than 3 drinks per day

A Moderate Drinker...

- ✘ considers an occasional drink to be a small, though enjoyable, part of life.
- ✘ has hobbies, interests, and other ways to relax and enjoy life that do not involve alcohol.
- ✘ usually has friends who are moderate drinkers or nondrinkers.
- ✘ generally has something to eat before, during, or soon after drinking.
- ✘ usually does not drink for longer than an hour or two on any particular occasion.
- ✘ usually does not drink faster than one drink per half-hour.
- ✘ feels comfortable with his or her use of alcohol (never drinks secretly and does not spend a lot of time thinking about drinking or planning to drink).

Some Reasons to Cut Down on Drinking...

- ✘ To consume fewer empty calories
- ✘ To sleep better
- ✘ To maintain independence (*able to legally drive your vehicle*)
- ✘ To feel better (*no more hang-overs*)
- ✘ To save money
- ✘ To be happier (*alcohol is a depressant*)
- ✘ To participate more in activities that are not associated with drinking.

Tips for SLOWER drinking

S Smaller drinks, i.e. a small glass or bottle instead of a pint. A single instead of a double.

L Leave your glass down between sips, and leave it empty for a while before getting another.

Occupy yourself. Play pool, music, dance, chat.

Why stick to water to break up your alcoholic drinks? Try alcohol-free beers, wines, cocktails. Very effective for getting people off your case too.

Eat before and while you drink.

Rounds should be avoided. If it's too awkward, then buy yourself a water when it's your shout.