

If you recognise that you are drinking/using more than you plan to and would like to cut down, some of these strategies may help you do this.

EAT and DRINK

This is really important and the way we metabolise alcohol is directly related to what food we have consumed beforehand. Eating (especially high protein/fat foods) before drinking acts as a plug, which stops alcohol reaching the blood stream as quickly. This helps you pace yourself, can assist you to stay more sober for longer and therefore more able to make safe decisions while drinking and also helps to prevent hangovers. Hydrating throughout the day is important too, so drink plenty of fluids before and while consuming alcohol or taking drugs.

Use a measure for drinks at home

It's easy to pour measures at home that are far larger than you intended. It is also common to start with more moderate measures, which then get bigger over the course of the evening. Using a measuring tool at home can help to keep alcoholic drinks within a safe unit range and help you to pace yourself over the course of the evening. We can supply you one, just get in touch.

Alcohol-free days

Setting and keeping periods of abstinence – aiming to have alcohol free days during the week is a good way to let your body recover and to begin to work on bringing your overall alcohol consumption down. Start off planning for two days a week and try to build on this.

Self-limiting consumption to a certain number of drinks per day. Setting a target to not drink over a certain number of drinks or units a day, is a good way to work on keeping control of your intake.

Don't drink and drive

Hand keys to loved ones when drinking or using substances. Reducing the risk of negative consequences is important when drinking/using and being caught driving under the influence can be devastating for all involved. Give a friend that you trust, your keys and get them in them back when you are sure all the alcohol or drugs are out of your system.

Arrange a lift

Arrange lifts in advance to avoid driving intoxicated. This is also a good way to plan nights at friends or nights out. If you have a lift arranged from someone sober, you are in safe hands.

Log out of social media

Logging out of public/private social media accounts before drinking. Using social media while under the influence can lead to a difficult next day and feelings of regret, and shame, are common. Minimising the chance of using social media can reduce the risk of embarrassment and conflict with family and friends.

Put off that first drink

Putting off the first drink of the day until later. Try and keep busy, distract yourself and do the things that need to be done, before having that first drink. Overall, you may consume less and feel better about what you have achieved in the day.