

- **Keep a drink diary** – This helps you to control your drinking and stick within your target. You will be able to see which times and situations lead you to drink more – so if need be you can make changes to avoid them.
- **Stick to your limit** – Work out a reasonable weekly limit for yourself, based on your drinking target – then stick to it. Set a limit for particular occasions too, like parties or the pub.
- **Watch it at home** – Most drinks people pour at home are much more generous than pub measures, especially at parties. Take care not to go over your limit. Try to avoid heading straight for a drink when you get home: look for other ways to relax.
- **It is O.K. to say no** – Don't be pressured into drinking by people who say 'Go on', 'have another one' or 'A little drink wont hurt you'. There's nothing wrong with choosing soft drinks or drinking less than other people.
- **Avoid rounds** – Round buying often means you drink more than you want. Skip some rounds by drinking more slowly, say you'd rather get your own, or, when it's your round chose an alcohol free drink for yourself.
- **Occupy yourself** – Find something else to do whilst you drink – for example, playing darts, dominoes, pool, listening to music, chatting or eating (beware of salted snacks that make you thirsty). Any of these will distract you from the glass and help you to drink more slowly.
- **Find alternatives** – Avoid drinking as a habit, because you're bored, feeling tense or having nothing else to do. Look for other ways to relax or feel better.
- **Have days off** – Keep at least one or two alcohol-free days a week. This does not mean you can drink more on the other days: It is best to avoid binges.
- **Pace your drinks** – Sip slowly, put the glass down between sips and choose smaller drinks – a half instead of a pint. Avoid extra strong brands. Try spacing out alcoholic drinks with soft drinks, or take lower strength or alcohol-free drinks.
- **Reward yourself** – Chart your progress. When you deserve it, give yourself a pat on the back. Cutting down on drinking requires will power and self control – you can be rightly proud of yourself for succeeding. Buy yourself a treat using the money you have saved.