

Reduce your alcohol consumption

Drink less...



Drinking too much alcohol can create emotional, physical and social problems. According to the Department of Health (DOH) regularly drinking more than 14 units of alcohol a week risks damaging your health.

The recommended weekly limit of 14 units is equivalent to 6 pints of average-strength beer or 10 small glasses of low-strength wine and should be drunk across the whole week. Drinking more than the recommended amount or 'binge drinking' (drinking lots in a very short space of time), can lead to alcoholism, liver disease, chronic pancreatitis, malnutrition and even cancer.

If you want help to cut the amount of alcohol you drink, just ask, **our service is FREE**. Find out more overleaf...



Why is drinking less alcohol important?

Regularly drinking more than the recommended amount of alcohol or binge drinking will increase the risk of becoming ill. According to the NHS 'Most people who have Alcohol related health problems aren't alcoholics, they are simply people who have regularly drunk more than the recommended levels for some years'.

Benefits of cutting down on alcohol

- Reduces the risk of serious health problems.
- Allows your liver to recover
- Increase in energy levels
- Improves sleep
- Improves mood
- Helps you to lose weight
- Cuts chance of having an accident
- Cuts the chance of being involved in risky behaviour
- Saves money

Top tips for cutting down on alcohol

- Set a limit of how much you are going to drink – stick to it.
- Drink plenty of water to dilute alcohol, always have water on the table
- Use a smaller glass
- Choose 'light' beers which contain less alcohol
- Swap high calorie mixers for low calorie ones
- Have alcohol free days
- Tell your friends and family you are cutting down so they can support you.

- Try different things – go for a walk or try meditation
- Learn more about alcohol
- Ask for help

How we can support you

- Talk to you to help build your confidence to make the changes you need to make.
- Talk to you about your current lifestyle and what and when you drink and help to make positive changes.
- Work together to create a plan of action
- Use a food and fluid diary to understand what you are drinking.
- Help with managing your weight.
- Help you get specialist support.
- Stick with you – we will help you



For more information on our range of **FREE Services**

text: HEALTHYU to 60777 or call: 0333 005 0093

Email: **healthyu@healthyu.org.uk** or

visit **www.healthyu.org.uk**



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