

Tips to cut back on alcohol use

Circle one or two that sound helpful.

- ✓ **Ask family members or friends to support you** in making this change.
- ✓ **Count and measure your drinks** to know how many standard drinks you are having. (Consider a phone app such as I Am Sober or Nomo.)
- ✓ **Set goals.** How many days a week do you want to drink alcohol?
- ✓ **Pacing and spacing.** When you drink, sip or have a non-alcoholic beverage in between alcoholic drinks.
- ✓ **Don't drink on an empty stomach.** Eat food before you drink so the alcohol will enter your system more slowly.
- ✓ **Know how to say "no."** Plan a polite, convincing way to say no when someone offers you alcohol.
- ✓ **Consider 12-step programs** like AA for support. (Go to www.aa.org to find a meeting near you.)

MY GOAL FOR THIS WEEK

We want to partner with you to help you reach your goals!

Several medicines are available to help people quit drinking. Talk with your primary care provider about resources if you want more support.



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Reducing Alcohol Use



CHANGE that
MATTERS

Promoting Healthy Behaviors

