

How to cut down on alcohol – tips and advice

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Make cutting down on alcohol as easy as possible

1. Take the right approach

Gradually **cutting down on alcohol** is more likely to be something you will stay committed to as opposed to cutting out all alcohol immediately AKA cold turkey.

2. Ask for support

Tell friends and family that you're trying to cut down on alcohol - they might be more supportive than you think. But beware, some people don't like to have their drinking behaviour challenged, so be prepared to defend your decision by remembering the benefits that cutting down on alcohol brings.

How to cut down on alcohol.... at home

1. Home measures

It's worth buying an alcohol measure for when you next have a drink at home. There'll be no more guess work involved and you'll be able to keep track of how much you're drinking. A really easy way of **cutting down on alcohol** if you're a [wine](#) drinker, buy small (125ml) glasses for the house rather than large ones.

2. Keep track of the alcohol units you're drinking

Drinkaware recommends that women should not regularly exceed 2-3 units daily (equivalent to a 175ml glass of 13% wine) and that men should not regularly exceed 3-4 units daily (equivalent to a pint and a half of 4% beer). Using our [unit calculator](#) will make the calculations easier or you can sign up to [MyDrinkaware](#) to track your drinking over time.

How to cut down on alcohol... when you're out

1. Leave your cash card at home

Cashback at the bar or midnight trips to the cashpoint for more booze money can quickly add up. Instead leave the plastic at home, that way you can't drink more than your budget allows and cutting down on alcohol will become a breeze. Remember to have the money put aside for a cab, bus or train home though!

2. Beware of rounds

Drinking in rounds may be a British tradition, but they can be expensive, dangerous if it means keeping pace with the fastest drinker in your group and a nightmare if you're trying to cut down on alcohol. Stay in control (and save cash) by opting for smaller rounds with only a couple of friends within your group or giving rounds a miss.

3. Eat up

After-the-pub grub is another drinking tradition, but why wait until the night's nearly over to load up on fast food? A healthy meal before you go out, and snacks between drinks can help to slow down the absorption of alcohol and so helps you stay in control. With less alcohol inside you that greasy pizza or kebab will look a lot less appetising at chucking out time too.

4. Track your drinking on the go

If you're out and about use our free and simple [Mydrinkaware](#) tool on your smartphone to track the alcohol you're drinking. It will help you stay within the recommended daily guidelines and stay on top of your night out.

5. Small is better

Make these recommended units go further by having bottles of beer or halves instead of pints and choosing a smaller glass for your wine. Buying spritzers or shandies will also help keep that unit count down.

6. Make space

Sipping a soft drink between alcoholic drinks slows down the rate of your drinking and means you'll drink less over the course of the evening. If you're out clubbing, take a bottle of water out with you on the dancefloor. Down the pub (or even at home)? Then go for a [non-alcoholic mocktail](#), a premium soft drink, or just a glass of water.

Why cutting down on alcohol is good for your health

1. Remember the short and long term effects of cutting of cutting down on alcohol

Drinking less reduces the longer term risk of serious diseases such as [cancer](#), [liver disease](#) and stroke; improves the condition of [your skin](#); can have a positive effect on [sleep patterns](#), and can even boost your [sex life](#). Worth remembering next time you're at the bar.

2. Stress less

Some people drink alcohol to relax, but in reality alcohol can make you feel even more anxious. Try not to make alcohol key to your after work wind down, and try some alternative stress-busters like hitting the gym with your mates or running a bath for yourself at home and putting some relaxing music on.