

# Top tips



ALCOHOL  
CHANGE<sup>UK</sup>

to help you drink less  
and improve your health

## Have a few alcohol-free days each week



Having a few alcohol-free days each week is a good way to cut down and give your body a rest, boost your immune system, improve your mental health and wellbeing, and save money.

## Set a limit



Decide what you want to drink in advance and stick to your plan.

## Think and drink in units



The UK's Chief Medical Officers (top doctors) recommend not drinking more than 14 units a week; that is about six pints of normal strength beer or a bottle and a half of wine per week.

## Practise your drink refusal skills



Plan what you will say if you are offered a drink and say it with confidence.

## Keep track



Recording what you drink for a few weeks will help you understand your drinking pattern, so you can decide if you want to make a change. Download the free Try Dry app to help you keep track.

## Try alcohol-free alternatives



Swap your usual alcoholic drink with alcohol-free alternatives. Alcohol-free beers, ciders, wines, and spirits are now widely available. Check out the reviews on the Alcohol Change UK website to help you get started.

## Choose a smaller glass size and a lower ABV



Choosing a smaller glass and lower strength can be a helpful way to cut down.

## Ask for help if you need it



Talk to your GP or visit the Alcohol Change UK website to find out more about local support options.



[alcoholchange.org.uk](https://alcoholchange.org.uk)