

Pacing skills & Self-management

Pacing skills & self-management skills to try for reducing alcohol intake or deciding not to drink any alcohol at all

1. **Pace any alcohol use:** Avoid using only full strength alcohol. Alternate or swap some of your beverages with non- alcoholic ones, soft drinks or low strength beers during you social event or at home to pace out the number of alcoholic drinks you have in total.
2. **Never too hungry or too thirsty:** avoid using alcohol as a ‘quick fix’ instead of eating a proper meal and being well hydrated, avoid using alcohol to quench your thirst. Have a snack and drink some water before you go out to an event or have any alcohol.
3. **Be prepared:** Take some soft drink or sparkling water with you to an event and drink these – sometimes you may just be thirsty.
4. **Go light:** Try a light beer instead of always full strength
5. **Glass half full or empty:** is your glass half full or empty – do you need a top up? You can politely refuse a top up if part way through a drink as those top ups can add extra alcohol you weren’t planning on drinking.
6. **“I forgot my medication”** - but it’s a choice if you drink. What will you chose to do?
7. **Set a limit** – can you set a reasonable limit as to what you may or may not drink?
8. **Enjoy being social and the sensorial aspect of drinking a beverage;** Have your sparkling water, soft drink or juice in the nice glass and still enjoy the event. If you find this is a trigger use a different type of glass or cup – what works for you?