

## **Alcohol Reduction Strategies**

Please note: not all of the below harm reduction techniques are rooted in scientific literature, nor will all of the items will make sense for everyone. Harm reduction strategies should be tailored to individual needs.

- Avoid drinking alone.
- Drink only non-alcoholic drinks or start-off with a non-alcoholic drink.
- Alternate usual drinks with alcohol-free or low alcohol drinks.
- Drink water while drinking alcohol.
- Break the habit of drinking in rounds.
- Have at least two alcohol free days a week and consider increasing the number of alcohol free days each week (note: 1-2 drinks a day is less harmful for the liver than 5 drinks in 3 hours).
- Do not drink when you have had a bad day.
- Don't keep alcohol around the home.
- Drink slowly.
- Substitute drinking with other health activities you enjoy doing.
- Avoid situations where there is pressure to drink.
- Learn how to say no to drinking alcohol when you are in the company of others who are drinking and may pressure you to do likewise.
- Get support for yourself and your family/significant others.
- Identify the times of day/days of the week you are prone to drinking alcohol.
- Examine the situations that trigger harmful drinking patterns and develop new ways of handling these situations.
- Save the money in a separate place that you would spend on alcohol.
- Use a worksheet for keeping track of cutting down:
  - Set an alcohol limit and write it down
  - Set a goal
  - Write down the pros and cons of drinking
  - Write down the pros and cons of drinking less or not drinking
  - Celebrate incremental steps in change

*Source: Adapted from the Harm Reduction Coalition*