

## 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](http://www.aa.org) to find a meeting near you.)

### MY GOAL FOR THIS WEEK

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## 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.



Stephanie A. Hooker, Ph.D. MPH  
Michelle D. Sherman, Ph.D. LP ABPP  
University of Minnesota  
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Resource adapted from the US Department of Health and Human Services, *Helping Patients Who Drink Too Much: A Clinician's Guide* (2005)

# Reducing Alcohol Use



**CHANGE** that  
**MATTERS**

Promoting Healthy Behaviors

# My plan to reduce alcohol use

Drinking too much alcohol can lead to many problems such as:

- Increased risk of health issues (such as heart disease, cancer, diabetes, stomach problems)
- Difficulties in your relationships
- Issues with the law
- Depression, worry, and insomnia
- Challenges in school or on the job



What are the reasons you want to cut back on your drinking?

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How many drinks of alcohol per week do you have now? \_\_\_\_\_



12 oz. beer



mixed drink with 1.5 oz shot of liquor



5 oz. wine



1.5 oz shot of liquor

On a scale from 1-10, how ready are you to decrease your alcohol use?

1 2 3 4 5 6 7 8 9 10  
Not at all ready Completely ready

**Many people have “triggers” to drink.** They may be people, places, specific activities, times of day, or feelings that trigger the urge to drink. **What are your triggers?**

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**Having a plan can make it easier to deal with urges to drink.** What will you do instead of drinking when you feel the urge?

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**Making changes to your drinking habits can be hard!** What might get in the way of trying these new habits?

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What can you do to overcome these barriers?

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Who can help you reduce your alcohol use?

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## Healthy levels of drinking\*

**Men:** No more than **14** drinks a week and no more than **4** in one sitting.

**Women:** No more than **7** drinks a week and no more than **3** in one sitting.



\*Depending on your health, your doctor may let you know how much alcohol is safe for you.