

WHAT'S IN YOUR BIN?*

WOMEN

Over 6 units per day =
2 bottles of vodka and
2 bottles of wine per fortnight

2-3 units per day =
5 bottles of wine a fortnight

No more than 2-3 units per day =
4 bottles of wine per fortnight

MEN

Over 8 units per day =
44 cans of lager per fortnight

Over 3-4 units per day =
24 bottles of cider a fortnight

No more than 3-4 units per day =
less than six bottles of wine per fortnight

* Unit figures are on average,
visit www.units.nhs.uk for more information



YOU'RE KIND TO THE ENVIRONMENT, ARE YOU KIND TO YOURSELF?

Your free drink diary/planner and sticker inside

Time to Rethink Your Drink?



ALCOHOL
KNOW YOUR
LIMITS

UNITS - they all add up



Visit www.units.nhs.uk

Medical warning

Important: If you have physical withdrawal symptoms (like shaking, sweating or feelings of anxiety until you have a first drink of the day), you should take medical advice before stopping completely – as it can be dangerous to do this too quickly without proper advice and support.

Call 0800 917 8282
For more advice



**ALCOHOL
KNOW YOUR
LIMITS**

SHOULD NOT REGULARLY EXCEED	
MEN 3-4 UNITS DAILY	WOMEN 2-3 UNITS DAILY

NEW YEAR, NEW YOU

YOUR FREE DRINK PLANNER AND STICKER

The New Year is a brilliant time to think about your health and well-being and make a decision to change aspects of your lifestyle. There's likely to be lots of others doing the same thing who can give you support. Making a change for the New Year doesn't have to be difficult. It's a question of what's achievable for you.

For example, if you regularly drink more than the recommended daily limits, then cutting down will be not only good for your health, you may start to look and feel better generally and it may also save you money.

Here a few tips to help you:

Visit www.units.nhs.uk

Most of us want to enjoy alcohol safely and sensibly, but it can be difficult to know when drinking may be causing health and other harms. The website has a DrinkCheck Quiz which gives you a quick and easy idea of safe levels of alcohol use as well as lots of other practical information

Display your Sticker

Why not stick it on your recycling bin, then you can easily add up your empties and record them in your planner? Or you might have a place in the house where you store your bottles/cans before taking them out. Stick it somewhere you will see it to remind you of your goals (but please take care that you do not damage the surface).

Keep a Drink Diary

Keeping a record of what you drink helps you to work out how much you're drinking and whether you need to cut down. You can use this planner to record the number of empties you have thrown each week - and set a target to reduce that amount for the next week. You can also plan your drink free days in advance and decide what else you will be doing on that day.

Choose Your Drink-free Days

Have alcohol-free days. If you're in the habit of drinking because you are stressed look for other ways to relax. It may take some planning to get into this habit, but think of other healthy ways you can reward yourself. Use this planner to decide with your friends or partner which days you will not drink and what you can do instead.

Have a Soft Drink First

On the days you decide to enjoy a drink try having a soft drink between alcoholic drinks. You will drink less alcohol in the course of an evening and achieve your targets, and you'll be less likely to feel bad the next day as well.

Keep going

Changing drinking patterns can take time and sometimes it's tempting to have an extra drink. If you slip back, don't lose heart! Just set a new date to start reducing again. Focus on what you've achieved so far and reward yourself when you reach your drinking targets. Plan what your rewards will be that don't involve alcohol.

New Year, New You Drink Planner/Diary (Plan your drink free days and see if you met your goals)

	SAMPLE WEEK		WEEK ONE		WEEK TWO	
	Planned drinks & drink free days	Actual drinks	Planned drinks & drink free days	Actual drinks	Planned drinks & drink free days	Actual drinks
MON	DRINK FREE DAY GYM INSTEAD					
TUE	Half a bottle of wine only	1 bottle of wine				
WED	Half a bottle of wine only	half bottle of wine				
THUR	SOFT DRINK DAY CINEMA					
FRI	Not to binge	4 cans lager				
SAT	Not to binge	3 whiskeys				
SUN	Drink free day sunday walk					
TOTAL	3 drink free days	20 Units				

HOW I DID :

Met my goal

Almost met my goal

Not this time