

The Prehab Hub

Alcohol Top Tips

It's important for a person to understand their own alcohol use and recognise the impact it has on your health, relationships and social circumstances. A person should be open and honest about intake and accept support when needed.

- Take an online alcohol test or keep a drink diary to track what you are consuming.
- If it is safe to do so, reduce your units, having 2-3 alcohol free days per week.
- Set limits before drinking and stick to them.
- Ensure you have a good nutrition and hydration.
- Let your family and friends know what you're doing.
- Drink smaller measures or lower alcohol alternatives.
- Make every other drink a glass of water.
- Seek specialist support from alcohol services, if required.



Take it one day at a time.